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GYMNASTICS

A TEXT-BOOK OF THE

GERMAN-AMERICAN SYSTEM OF GYMNASTICS

SPECIALLY ADAPTED TO THE USE OF TEACHERS AND
PUPILS IN PUBLIC AND PRIVATE SCHOOLS
AND GYMNASIUMS

EDITED BY

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NORTH AMERICAN GYMNASTIC UNION

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PREFACE

THE lessons contained in this book are the result of a resolution passed at a meeting of the teachers of the North American Gymnastic Union.

Said resolution provided that teachers should contribute to a work on the System of German Gymnastics, as taught in the gymnasiums of the North American Gymnastic Union, and that the presiding officer should assign to sixteen of the teachers present each a part of the work.

The series of lessons as arranged by these teachers on the different subjects is hereby offered to all teachers as a guide to work by, the name of the author being given with each series. Some of the contributors have divided their work into separate grades of difficulty, while others have merely kept a systematic progression in view. No paper has been changed by the compiler, as it was deemed best to give the original production of each contributor. This will enable the reader to become acquainted with the manner and order in which some of the foremost teachers of the German System of Gymnastics arrange their work, and to follow that plan which best suits the conditions under which he works.

WM. A. STECHER.

ST. LOUIS, MO.

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CONTENTS

	PAGE
SYSTEM AND METHOD	<i>William Fleck</i> New York . . . 1
NOTES FOR LEADERS	<i>William A. Stecher</i> . . St. Louis . . . 18
MARCHES	<i>William A. Stecher</i> . . St. Louis . . . 22
FREE EXERCISES	<i>Henry Suder</i> Chicago . . . 26
WAND EXERCISES	<i>William Reuter</i> Davenport . . 46
EXERCISES WITH CLUBS	<i>F. W. Froehlich</i> St. Louis . . . 98
DUMB-BELL EXERCISES	<i>Henry Suder</i> Chicago . . . 117
EXERCISES WITH RINGS	<i>Dr. Karl Zapp</i> Cleveland . . 130
FANCY STEPS	<i>Christian Eberhard</i> . . . Boston . . . 136
HORIZONTAL BAR	<i>F. W. Froehlich</i> St. Louis . . . 148
PARALLEL BARS	<i>A. E. Kindervater</i> . . . St. Louis . . . 166
SIDE AND LONG HORSE	<i>William A. Stecher</i> . . St. Louis . . . 186
VERTICAL, INCLINED, AND HORIZON- TAL LADDER	<i>Dr. Henry Hartung</i> . . Chicago . . . 205
FOUR INCLINED LADDERS	<i>Dr. Karl Zapp</i> Cleveland . . 239
RINGS	<i>Dr. Karl Ziegler</i> Cincinnati . . 242
VERTICAL POLES	<i>William Kopp</i> Chicago . . . 250
SWINGING POLES	<i>Dr. Karl Zapp</i> Cleveland . . 254
BUCK	<i>William A. Stecher</i> . . St. Louis . . . 257
ROUND SWING	<i>Hans Ballin</i> Carbondale . . 261
WHIPPLE LADDER	<i>Hans Ballin</i> Carbondale . . 269
BALANCING BOARD	<i>Richard Pertuch</i> . . . Philadelphia . . 272
HIGH AND FAR JUMPING, AND POLE VAULTING	<i>Herm. Hein</i> Chicago . . . 282
HOP, STEP AND JUMP, HIGHFAR JUMP, WEIGHTS, SPEAR THROW- ING	<i>D. M. Krogh</i> Philadelphia . 290
GYMNASTIC GAMES	<i>Karl Kroh</i> Chicago . . . 299
ROUNDEL, MARCHING	<i>William A. Stecher</i> . . St. Louis . . . 322
ROUNDEL WITH HAND APPARATUS, RINGS, WANDS, AND HOOPS . .	<i>Dr. Karl Zapp</i> Cleveland . . . 328

SYSTEM AND METHOD OF GERMAN-AMERICAN GYMNASTICS

BY WILLIAM FLECK

*Formerly director of the Normal School of Gymnastics of the
North American Gymnastic Union*

SYSTEM

OUR materials for gymnastic exercises have, ever since their existence, more than a hundred years ago, been elaborated in every possible direction by persons called upon to do so, with varied results.

From the beginning, experience alone has passed judgment on the merits or demerits of an exercise, each and every addition and improvement being immediately looked upon as common property; a custom which prevails to the present day.

Since no field of human experience may be regarded as closed so long as human beings are being born, we must of course look upon gymnastics as incomplete. The German System of Gymnastics is at all times ready to admit of improvement, but not until it has been clearly and indisputably shown that the proposed improvements are really such, and not idle illusions, which, under a high-sounding name and an apparently scientific garb, are calculated to impress and mislead the inexperienced.

To give those unacquainted with the German System of Gymnastics an insight into the extraordinary wealth and variety of its materials for gymnastic exercises, a short, precise synopsis of our system as it is in general use to-day and is best adapted to practical purposes, is here submitted. It is the system arranged by Adolf Spies, the father of the new tendency of German school-gymnastics, and the founder of gymnastics for girls, in his work, "The Doctrine of Gymnastic Art," Basel, 1840, improved and amended up to the present time by his most prominent colleagues and pupils.

In accordance with this system the materials for gymnastic exercises are divided as follows: Free Exercises; Taetics; Exercises with Apparatus; Exercises on Apparatus; Companion Exercises (*Gesellschafts Uebungen*).

I—FREE EXERCISES

These are divided into two classes, namely, Free Exercises of the first order, and Free Exercises of the second order.

A—FREE EXERCISES OF THE FIRST ORDER.

1. Exercises in the fundamental position.
2. Exercises in derived positions.
3. Exercises in common marching.
4. Exercises in derived steps.
5. Exercises in common hopping.
6. Exercises in derived hops.

1—EXERCISES IN A FUNDAMENTAL POSITION.

- | | |
|---------------------|------------------------|
| a. Head exercises. | d. Leg exercises. |
| b. Arm exercises. | e. Turning. |
| c. Trunk exercises. | f. Compound exercises. |

B — FREE EXERCISES OF THE SECOND ORDER.

1. Exercises in a kneeling posture.
2. Exercises in a sitting posture.
3. Exercises in a lying posture.
4. Exercises in the leaning stand.
5. Exercises in the head stand.
6. Exercises in the hand stand.

With the aid of this disposition it is an easy matter to find and classify all free exercises. To begin with, it is only necessary to find the possible, simple activities of the designated limbs in the fundamental position, and then to arrange successively the possible combined exercises, and lastly to find out which simple and which combined exercises may be brought out in the other positions. In this manner we get a complete, systematic compilation of an abundance of free exercises.

Alfred Maul, Director of the Normal School of Gymnastics of the Grand Duchy of Baden at Karlsruhe, Speaker of the National Gymnastic Society of Germany, in speaking of this matter, says: "This process, however, is anything but interesting and practical, if we try to take into consideration, without distinction, all the exercises of the different members of the body, and all positions that can possibly be taken. It is a different thing, however, if we limit ourselves to the practical exercises and positions of gymnastic value; for then the great mass of exercises of uncertain value, which is too intricate to be overlooked, shrinks to a number of useful exercises, which, while still quite large, may easily be overlooked and regulated. To find these in accordance with the above method is a work

less tiresome and dreary; a work which becomes agreeable and interesting to every one who delights in discovering good exercises. And any one who wishes to become so thoroughly acquainted with the gymnastic materials for free exercises as to be able to rely on himself alone at all times for exercises, must necessarily do this. He who has never searched for or practised new exercises, but has always blindly imitated what others have shown him, will never master the materials for exercise."

II—TACTICS

These are divided into exercises of a rank; exercises of a body; exercises of a colonnade; and exercises of a number of colonnades.

A—THE RANK.

A rank can be formed either as —

1. A front rank, a flank rank, or an oblique rank; called so from the position of each scholar when taking the length of a rank as basis.
2. A straight or a curved rank, in accordance with the shape of the rank.
3. A closed rank or an open rank, taking into consideration the distance the single members stand from each other.
4. A rank of two, of three, of four, etc., taking into consideration the number of pupils in a rank.

EXERCISES OF A RANK.

The exercises of a rank are —

- | | |
|--------------------------|---|
| a. Forming and dressing. | d. Wheeling. |
| b. Opening and closing. | e. Forming in the rank. |
| c. Marching. | f. Combinations of the above exercises. |

B—THE BODY OF RANKS.

The body of ranks can be formed either as —

1. **A front line, a flank line, an oblique line, or**
2. **A front column, a flank column, an oblique column.**

EXERCISES OF THE BODY OF RANKS.

The exercises of the body of ranks are —

- | | |
|-----------------------------------|--|
| <i>a.</i> Forming and re-forming. | <i>d.</i> Wheeling. |
| <i>b.</i> Opening and closing. | <i>e.</i> Forming in the body. |
| <i>c.</i> Marching. | <i>f.</i> Combinations of the above exercises. |

C—THE COLONNADE.

The colonnade can be formed either as —

1. **A line of bodies of ranks.**
2. **A column of bodies of ranks.**
3. **An oblique (Staffel) of bodies of ranks.**

EXERCISES OF THE COLONNADE.

The exercises of the colonnade are —

- | | |
|-----------------------------------|--|
| <i>a.</i> Forming and re-forming. | <i>d.</i> Wheeling. |
| <i>b.</i> Opening and closing. | <i>e.</i> Forming in the colonnade. |
| <i>c.</i> Marching. | <i>f.</i> Combinations of the above exercises. |

The exercises in the colonnade are very numerous, for they offer the opportunity of executing movements to the body of ranks, to the ranks themselves, and to the individual members of the rank.

D—THE BODY OF COLONNADES.

The body of colonnades is composed of a number of colonnades, and can be formed in the shape of a line, a column, or an oblique. Forms of a more complex nature

than the body of colonnades are seldom used in gymnastics. Forms of a mixed nature are also so seldom used, that in consideration of the shortness of our synopsis, they may be omitted entirely.

III—EXERCISES WITH THE APPARATUS

(WANDS, DUMB-BELLS, ETC.)

1. Exercises with the short wands; short wand exercises.
2. Exercises with long wands; long wand exercises.
3. Exercises with dumb-bells.
4. Exercises with clubs.
5. Exercises with balls and weights.
6. Exercises with short rope and hoop.

IV—EXERCISES ON THE APPARATUS

Spiess divides these exercises into hang exercises, supporting exercises, and hang and supporting exercises, and follows a similar plan in finding and classifying them as he does with his free exercises; he distinguishes between the main kinds, according to which member of the body keeps it (the body) in one of these positions.

We, however, from practical reasons, do not follow this plan; we grade the exercises (counting from two to nine), taking into consideration the apparatus on which the exercise is performed, making allowance for the increased difficulty with which the exercise is performed.

Below follows a classification of exercises compiled by Ludwig Puritz, with the assistance of two of our most eminent writers on gymnastics, Dr. J. C. Lion in Leipzig,

and Dr. K. Wassmansdorf in Heidelberg, in his "Codebook for Gymnastic Exercises," which some ten years ago was translated into English. So far, Puritz has classified the exercises on the following apparatus in a masterly manner, and has arranged them in groups in accordance with their similarity; and he will no doubt, in due season, supply a list and classification of the exercises on the other apparatus.

A—EXERCISES ON THE BALANCING BOARD.

B—EXERCISES WITH JUMPING STANDS.

C—EXERCISES IN POLE-VAULTING.

D—EXERCISES ON THE BUCK.

E—EXERCISES ON THE HORSE.

F—EXERCISES ON THE PARALLEL BARS.

G—EXERCISES ON THE HORIZONTAL BARS.

H—EXERCISES ON THE DOUBLE HORIZONTAL BARS.

I—EXERCISES ON THE TRAPEZE.

K—EXERCISES ON THE SWINGING RINGS.

a. Exercises without a swing.

b. Exercises with a swing.

L—EXERCISES ON THE HORIZONTAL LADDER.

M—EXERCISES ON THE INCLINED LADDER.

a. On the upper side.

c. On the outer side.

b. On the lower side.

d. On the double ladder.

N—EXERCISES ON THE CLIMBING POLES AND ROPES.

a. Exercises on the vertical poles.

b. Exercises on the inclined poles.

c. Exercises on the climbing ropes.

O—EXERCISES ON THE ROUND SWING.

Of the Gymnastic Exercises with apparatus merely mentioned in "Puritz's Codebook," but widely commented upon

by other authors on gymnastics, such as A. Maul, A. Ravenstein, J. C. Lion, W. Jenny, and others, we here mention:

P—EXERCISES WITH THE LONG AND SHORT ROPE.

Q—EXERCISES ON THE SWINGING BOARD.

R—EXERCISES WITH THE PULLY WEIGHTS.

S—EXERCISES ON THE SEE SAW.

T—EXERCISES ON THE VAULTING BOX.

U—EXERCISES ON THE VAULTING TABLE.

V—PYRAMIDS ON LADDERS, CHAIRS, AND APPARATUS.

W—COMPANION EXERCISES.

a. Wrestlings and Combats.

c. Gymnastic Games.

b. Acrobatics.

METHOD

ANY procedure based on established rules for the purpose of attaining the object of gymnastics may be termed a method of gymnastics. However, before examining more closely into the present prevalent manner of conducting gymnastic exercises, we must above all things positively define the object of gymnastics; for with different ends in view different methods must be followed. In the opinion of a large number of the most prominent physicians and educators, the object of gymnastics is: "A harmonious development of the entire body."

[Dr. Muenchenberger hits the nail on the head, when he says, "The sole aim of gymnastic art is the harmonious development of the body in such a manner that the smallest part, itself and for itself, as well as in conjunction with the whole, is able to actualize and execute the mind's will." Jahn, the father of our gymnastics, says, "Gymnastic art seeks to re-establish the lost portion of the human education."

Dr. Friedrich Dittes, the eminent pedagogue, writes as follows: "We must not try to make athletes, but must aim at the harmonious development of all the bodily forces." And, after enumerating the different bodily exercises for gaining this end, he adds: "The best of all physical exercises are gymnastics, — German gymnastics as defined by Guts Muths, Adolf Spiess, and others. No other kind of exercises does so perfectly develop all the forces of the body as

do gymnastics, properly conducted; and it may be regarded as a great improvement in our educational system, that gymnastic exercises are being more and more acknowledged as a necessary means for the education of our youth. Gymnastic exercises are to effect a symmetrical development of all the members of the body, in order to make possible the free use of the bodily forces, which are subject to the influence of the mind. Since this can be effected by positive discipline and order only, such as is maintained in our gymnasiums, it follows that gymnastics accustom the youth to a proportionate use of their strength, accustom them to punctuality, to obedience, to self-control, to public spiritedness, and to the suppression of arbitrariness and wilfulness; while the sense of decency cultivated in the gymnasium proves a valuable counterpoise against the incitation to immoral and enervating pleasures. From this we learn that gymnastic exercises, judiciously conducted, do not only promote the abilities of the individual, but have a tendency also toward giving the state a people ready and able to meet any emergencies in time of peace or war.

“Here it must be remarked, that girls are as much in need of gymnastic exercises as boys are; for the fragility of its women may prove of fatal importance to a whole nation. In this respect, the old Spartans discerned and acted judiciously. The selection of exercises with respect to their difficulty must, of course, be suited to the condition of the children; and at no time is it more necessary to individualize than when conducting gymnastics. Up to the tenth year, games and calisthenics must form the main part of the exercises. Beware of allowing your enthusiasm for gymnastics to

run away with you, by giving children difficult and dangerous exercises (feats) to perform; this is dangerous and harmful, and tends to bring gymnastic art into disrepute. The careful, observant pedagogue will never forget that gymnastic art does not aim to merely teach gymnastic exercises and feats, but that it is an essential part of a general education."

Another well-known pedagogue, Friedrich Disterwëg, says, "Gymnastic exercise is the training of both mind and body." As early as 1819 Dr. Fred Strass writes: "Gymnastic exercise is, therefore, but a supplement to a complete education of youth, heretofore (1819) strangely overlooked, and must be combined with the other branches of education as a whole, if our youth is to receive a uniform mental, physical, and moral education, the foundation of the state's welfare." "If, then," says Moritz Zettler, a noted German teacher of gymnastics, "the school places gymnastics in its course of study, it but obeys the dictates of nature, the first law of which is the uniform development of the whole human being." And again he says: "From this aim of the school, which is naturally consistent with human nature, it may be seen that physical exercises should be cultivated, not for their own sake only, not for the purpose of educating gymnasts, but for the purpose of making the body of the pupil healthy, strong, and agile; in other words, to preserve it, and to train the pupil to discretion, resoluteness, courage, and endurance." And again: "To gain this end, the school must avoid everything that is not consonant to this. Gymnastics in the school must not be regarded as a means for restoring the debilitated, enervated, sickly body, or for removing certain deformities. School gymnastics must not and cannot

be a cure for sickness; for we take it for granted that the pupils of a class enjoy normal health so long as they are able to attend school. Should this not be the case with this or that child, the physician's diagnosis must decide whether the child is to continue its attendance at school or not. The school has no time to spend with the diseases of the single pupils, for it must never lose sight of its main object. Where gymnastics are used as a remedy for an ailment or a deformity, the exercises must be carefully selected in accordance with the special requirements of the case in question. Every exercise must be carefully examined into, as to its suitability in this special case, and it must be performed only in accordance with certain sanitary rules. With such gymnastics the school cannot deal, for they belong to the field of orthopedy; and to try to transplant them to the gymnasium would be just as wrong as it would be foolish for a physician to prescribe, for a perfectly healthy person the continued use of fever-allaying medicines."

"*Hinc illæ lacrimæ*;" this is the sore point over which so much foolish debating and wrangling is being indulged in nowadays, almost leading one to believe that German gymnastics are something entirely new, and have yet to prove their practicability and value as an educational means. One of the first demands of our school is that the teacher who instructs our youth in gymnastics must be a man and a pedagogue, and not a mere gymnast or physician. This qualification was made indispensable by Adolf Spiess, the founder of the present system of German school gymnastics, more than fifty years ago; and so strictly has it been insisted upon, that teachers of gymnastics without a pedagogical edu-

cation are rarely met with. The physicians of Germany have at no time pushed themselves forward as teachers of gymnastics, although a great number of them have diligently taken regular gymnastic exercise and do so yet. Concerning this, Dr. F. Dittes makes the following appropriate remark: "Instruction in gymnastics must not be isolated, but must be closely linked with the whole school education, and form an essential part thereof. Mere gymnasts are not wanted; the school needs thorough pedagogues; and it would be most desirable if the class-teacher could, at the same time, be the instructor in gymnastics; hence gymnastic art ought to be theoretically and practically taught in our normal schools for public school teachers."

The same author, in speaking of the future of gymnastics, says, "If once the conviction prevails that the youth of the present age sit entirely too long on the school-benches, deriving therefrom no mental nor moral benefit, but rather impairing their physical welfare, if once the people shall have become conscious of this fact, then sufficient time for gymnastic exercises will be found, and a willingness for procuring the necessary place and apparatus will naturally follow."

For a harmonious development of the whole body, the first thing to be learned is the free control of one's limbs, either while standing or walking on even ground, or while in unaccustomed positions, and on extraordinary bases of support. This necessitates, besides calisthenics, exercises on the apparatus. Generally speaking, there are two methods of conducting the gymnastic exercises of the German school; but, strictly speaking, there are any number of them. The one followed formerly, but now almost entirely out of use, is the so-called

“Jahn-Eiselen” method; the other, which is now in general use, and is frequently combined with the former, is Spiess’s method. It is but a short time since that the advocates of these two methods were bitterly fighting each other; but the controversy was decided in favor of Spiess’s method. At the present time all gymnastic exercises, with the exception of those on the apparatus, both in schools and in gymnastic societies, are conducted after Spiess’s method. In the lower classes of schools, the exercises on the apparatus, too, are conducted after Spiess’s method; while, as a rule, in the upper classes and in the gymnasium the Jahn-Eiselen method is followed. After the old Jahn-Eiselen method gymnastic exercises are conducted in divisions; the class is divided into small divisions of ten to fifteen pupils, each division being under the supervision of an advanced pupil (a leader), who shows certain exercises, supervises them, and assists when necessary. When the pupils have practised one kind of exercise for a certain time, a general change of divisions to a different apparatus leads to another kind of exercises; then comes a game, in which the whole class participates, or separate games and contests are indulged in; while the teacher looks after good order, and sees that the leaders show correctly the exercises, which they have been taught in a special lesson for leaders.

Occasionally the teacher takes all the pupils as one class, and conducts a few simple free exercises; but the exercises on the apparatus, and the games, are, of course, at all times of the greatest importance. The advantages of this method of gymnastic exercises are: —

“A rapid progress of talented young gymnasts, enabling

them to do difficult exercises, so-called master-exercises (*Gipfeluebungen*); and a lessening of expenses."

Alfred Maul speaks of this as follows: "If gymnastic art has no other end in view than to give our youth an opportunity for healthful exercise in the free air, or to give them a playground where they may gratify their pleasure in testing their physical strength and skill, then this method may suffice; but the aim of German gymnastics is a regulated, general development of the body. German gymnastics must be looked upon as an essential branch of education; and they must, therefore, be conducted in a rational pedagogical manner. Hence, the combining of a number of classes to one class is considered a serious defect in the above described method, especially where these classes are composed of persons in different stages of development. As the pupils of a school are graded in classes, so ought the pupils in gymnastics to be graded in classes, according to age, sex, etc."

Spiess's method is the method of general or class gymnastics. According to it, the pupils are divided after the manner of our public schools, and receive gymnastic instructions in such a manner as to keep them under the constant supervision of the teacher, who himself gives out the exercises, and, when necessary, shows how to do them, and superintends the execution thereof. All the exercises, with the exception of the exercises on the apparatus, are, as a rule, performed simultaneously by all the pupils of the class, either at the command of the teacher or at counting; while the exercises on the apparatus are generally performed simultaneously by one-sixth or one-eighth of the class, on command or at counting.

While part of the class is actively employed, the others may rest from the exercises, which are often very fatiguing, and may watch their fellow-pupils while they exercise.

The advantages of this method of gymnastics are: (1) A clear insight on the part of the teacher into the work and capabilities of each and every pupil; (2) an instruction according to plan, and a systematic gradation of exercises, which is sure to gain positive results; (3) a confidence-inspiring encouragement of timid pupils, a continued incentive to lazy ones, and a healthy restriction of the overzealous; (4) an unavoidable accustomedness to attention and resoluteness; and, lastly, a refreshing, invigorating pleasure in general, regulated work.

The different kinds of exercises generally observed in class gymnastics are classified as follows: —

1. Tactics in walking and running.
2. Calisthenies with or without apparatus.
3. Exercises on the apparatus, generally on an apparatus for hanging or supporting exercises, alternating with some kind of jumping.
4. Gymnastic games.

According to the age and sex of the pupils this or that class of gymnastics should receive special attention. A detailed instruction for the solving of all questions connected with a systematic conduction of gymnastic exercises is out of place here; this must be left to a treatise on special methods. However, to meet the wishes of such of our English-speaking colleagues as are earnestly desirous of obtaining a better knowledge of the German method of school gymnastics, a list of the papers read on this subject,

during the courses of the Normal School of Gymnastics of the German Gymnastic Union of North America, when the school was situated at Indianapolis, is here given: —

1. The Necessity of Physical Training.
 2. The Influence of Physical Exercise on our Health.
 3. The Influence of Gymnastics on Strength and Agility.
 4. The Influence of Gymnastics on the Mental Forces.
 5. The Object of Gymnastic Instruction.
 6. Gymnastic Exercises.
 7. The Gymnasium.
 8. Gymnastic Apparatus.
 9. The Time for Gymnastics.
 10. The Gymnastic School.
 11. The Dress of Gymnasts.
 12. The Teacher of Gymnastics.
 13. The Ruling Principles in Gymnastic Instruction.
 14. Auxiliaries in Gymnastic Instruction.
 15. Duration of Exercises
 16. Form of Exercises.
 17. The Difference between Gymnastics for Boys and
Gymnastics for Girls.
 18. Tactics.
 19. Free Exercises. (Calisthenics.)
 20. Exercises with Apparatus.
 21. Exercises on Apparatus.
 22. Gymnastic Games.
 23. Grading of Pupils according to Work.
 24. The Course of Study in Gymnastic Instruction.
- The text-books used were M. Zettler's "Method," and
A. Maul's "Gymnastic Instruction."

NOTES FOR LEADERS

BY WM. A. STECHER

EVERY large undertaking, especially one lasting a number of months or years, must have a definite plan by which it is governed, so that its aims may be reached, and that the efforts spent in its behalf may not be lost, or drift into wrong directions.

Every class-leader undertakes a responsible piece of work when taking charge of the gymnastic work of a class or division. He must endeavor to advance his class systematically. He must know how to awaken the interest of his scholars.

He must bring them to look forward to their gymnastic lesson with ever-increasing enthusiasm. He must be a model to them in every respect. He must be a teacher in the noblest sense of the word.

To be able to do this a few rules must always be kept in mind. They are : —

1. Try to master every exercise that you intend to teach.
Practise as much as you can.
2. Thoroughly prepare yourself for each lesson.
3. Keep a memorandum of all the exercises practised, and make notes concerning their execution so as to go forward intelligently.
4. Repeat all exercises ; then alternate and combine them with new movements, gradually going from easy to difficult, from simple to complex movements.

5. See that your teaching is interesting to your scholars, and give them enough to do.
6. Arrange your order of exercises so that your scholars leave the gymnasium with the feeling of having been benefited. Do not waste your time on movements having little gymnastic value.
7. Gradually bring your scholars to do all exercises with the utmost precision and correctness.
8. Show the exercise you want done in its best form. A practical illustration is better than a long explanation.
9. When exercising on the apparatus, have your scholars go to and from the same in an orderly manner and in the same order. Have your scholars stand so that all can see the exercise.
10. Gradually increase the difficulty of your exercises. Build up, so to say, your exercises from a simple movement to a complex, but add no new exercises for which the pupils have not been prepared by the foregoing movements.
11. When exercising on the apparatus, stand so that you are always ready to give any needed help to your scholars. (Before beginning to exercise, see that your apparatus is in good order.)

NOTES ON APPARATUS WORK

1. For the sake of brevity, words that are not absolutely necessary to explain an exercise are generally omitted in the following groups of exercises.
2. Whenever possible, all exercises should be executed left as well as right. (See 6.)

3. The terms front, rear, and flank vault are derived from the fact, that, while executing one of these movements, either the front, the rear, or one of the flanks of the gymnast is turned towards the apparatus.
4. During a side-stand (hang or rest) the width of the body is in a line with the length of the apparatus; in a cross-stand (hang or rest) it is at right angles to the length of the apparatus.
5. A scholar stands either with his face, back, or side towards an apparatus; and from these positions the terms forwards, backwards, or sideways stand (hang or rest) are derived.
6. The word right (left) as commonly used in the description of an exercise, means either the right (left) arm, leg, or side of the body.
7. In speaking of the right (left) side of an apparatus, as for instance the long horse, the side that is to your right, when the horse stands ready for use (the highest part farthest from you) is called the right side. This same side is called the right when the horse stands crosswise as a side horse. The terms off and near side are sometimes used in the place of right and left side in exercises on the side horse.
8. When exercising on the side horse the neck (the highest end) is to your left, the saddle in front of, and the croup to the right of you. The pommel to your left is called the first, the other the second, pommel.

ABBREVIATIONS.

r. Stands for right.	o. Stands for or.
l. Stands for left.	inw. Stands for inward.
fw. Stands for forward.	outw. Stands for outward.
bw. Stands for backward.	pos. Stands for position.
sw. Stands for sideways.	opp. Stands for opposite.

Other abbreviations are found under the head of Club-swinging and Exercises on the Horizontal Bar.

MARCHES

BY WILLIAM A. STECHER

THE following are simple marches for arranging a class in a position from which the ranks can easily be opened for free exercises.

I

KNOWN AS LION'S MARCH

In a single file the scholars march left around the hall, then through the middle, when, upon reaching the upper

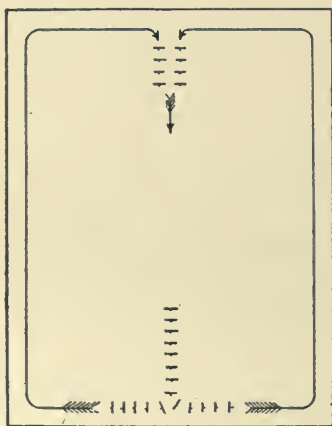


Fig. 1.



Fig. 2.

end of the hall, they face alternately, right and left, march to the corners, then along the sides to the lower end, then inward toward each other. Upon meeting, they form ranks

of twos, and perform the above evolutions by twos, then by fours, eights, etc. Upon command the scholars mark time and halt (Fig. 1).

The ranks are then opened outward sw. from the centre, by taking side steps and raising the arms sw. until at full distance. The re-forming into single file (a flank rank) can be accomplished by reversing the above movements, or by facing right and closing the ranks fw. The first rank then marches to the left, the others following.

II

This is similar to the above, only that the marching is not done at right angles, but by countermarches through the centre (Fig. 2).

This march can also be varied by alternately marching at right angles and countermarching.

Open the ranks sideways from the centre, by marching forward, the arms raised in line with the rank until the required distance is found.

III

In a single file the scholars march left around the hall, then through the middle, and, upon reaching the upper end, face alternately right and left, march to the corners, then along the sides to the lower end. Here the first of each rank executes a three-eighths turn inw. and marches fw., (obliquely bw. to his line of march at the side) diagonally through the hall, the rest following. In the centre the two ranks meet and cross through each other. This is done as follows :—

The first of the class passes on, the first of the opposite

side then crosses over behind him, the second of each side then follows in the same manner, and so on (Fig. 3).

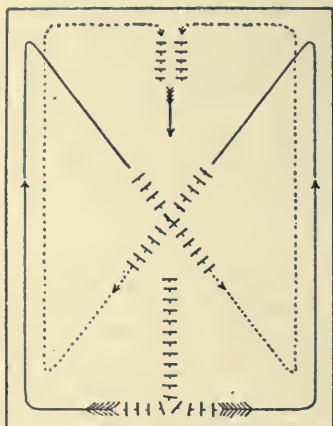


Fig. 3.

The leaders, upon reaching the corners, march along the sides, and, upon reaching the lower corners, again cross over obliquely through the hall, along the sides, and inward towards each other. They then form ranks of two, who repeat the foregoing movements, eventually forming fours, and eights, etc.

Let the column march 1. around the hall, mark time, and halt. Open the ranks sw. to the left by taking side steps and raising the arms until the distance is established.

IV

This march is similar to the above, with the exception that each rank (or column), after crossing over and reaching the corner, counter marches outw., thereby immediately crossing over again (Fig. 4).

After halting, open the ranks to the left by marching fw., the arms raised until the required distance is found.

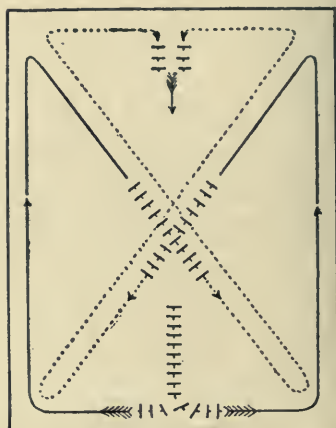


Fig. 4.

V

The scholars march left around the hall in single file. Upon nearing a corner the command is given to form twos by executing a quarter turn l. As they successively reach the corner the scholars face left by twos, and then march fw. in a front column composed of ranks of two (Fig. 5).

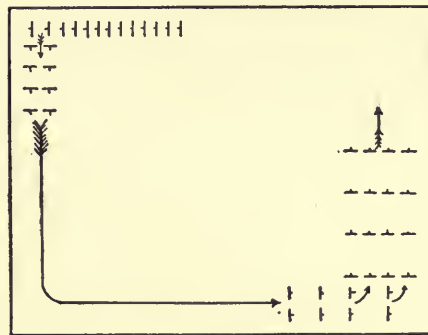


Fig. 5.

Later the command is given to form fours (eights, etc.). This is done by a quarter wheel left of two ranks, as they reach the corner. After halting, open the ranks half distance (by raising one arm) sw. from the centre. Should more room be needed, let the odd files (the ones, threes, etc.) take one step fw. or bw. Front ranks can also be opened fw. (or bw.) by each succeeding file taking one more step fw. than the foregoing. The opening and closing can also be done at a run, or by hopping, skipping, etc.

FREE EXERCISES

BY HENRY SUDER

FREE exercises may be practised with or without apparatus.

Among the different branches of physical training practised in the gymnasium, free exercises are of the greatest importance.

The teacher's programme in a gymnasium generally begins with marching and free gymnastics. In the latter all the muscles of the body ought to be brought into action, therefore it is necessary to practise arm, trunk, and leg exercises during a lesson. Contrary to this rule, in this chapter some groups of exercises are indicated where arm and leg, or trunk and arm, or leg and trunk exercises only are given. The author does not presume to dictate every exercise, but leaves it to the discretion of the teacher to bring into each lesson he gives such exercises as he considers necessary in every given case. These exercises and groups of exercises are intended to show how different movements can be combined. The number of good exercises and combinations of exercises is inexhaustible. The teacher of gymnastics may take the best exercises from this work, and combine them into such groups as he thinks suitable for his class. A few groups of counter and dissimilar exercises are also given here.

A brief explanation of these exercises may be necessary. Counter exercises are movements which are practised in

opposite directions ; i.e., one division exercises to the right or with the right arm, leg, etc.; while the other division practises the same exercise to the left, or with the left arm, leg, etc.

Dissimilar exercises are different movements executed at the same time by two or more divisions; i.e., one division bends the trunk forward, the other raises the arms sideways.

We distinguish between simple and compound exercises. Exercises executed by any one part of the body, or by both arms or both legs simultaneously, are called simple exercises; while all movements executed by two or more different members of the body are called compound exercises.

Simple as well as compound exercises may be practised in two or more counts. There are different methods of forming groups of exercises; but all groups ought to be combined in such manner as to overtax no part of the body. Various methods may be followed in teaching the exercises.

One of these is: —

The instructor gives the command to begin, and counts 1-2, or 1-2-3-4, and the command "Halt" finishes the exercise; or he gives a number of exercises, which are executed in succession; and also gives the number of counts for each exercise, as 1-8 or 1-16.

The pupil then counts for himself, and practises the given number of exercises. This method is generally used in practising exercises with music, for exhibitions, etc.

Another method is to practise exercises upon command. The pupil practises a given exercise until the teacher indicates another movement, for example: —

Raise the arms forward; Begin!

Rise on the toes; Begin!

Bend the trunk forward; Begin! etc.

The pupils continue practising one exercise until the command to begin another movement is given.

Every command is divided into two parts; between the command of explanation and of execution a pause must be made. The command of explanation is pronounced slowly and distinctly, that of execution decisively and sharply.

PRELIMINARY EXERCISES.

Fundamental position; Stand!
(Fig. 6).



Fig. 6.

The heels together, the toes turned outward to a right angle, the knees straight and together, the arms at the sides slightly curved, the hands a little backward, the thumbs forward, the shoulders backward, chest well forward, and the head erect.

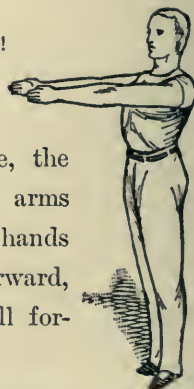


Fig. 7.

Resting position; Stand! Or, In place;
Rest!

Cross the arms forward, the hands grasping the biceps, and place the right foot forward. Or, grasp the hands backward, and place the right foot forward.

POSITIONS OF THE ARMS.

1. **Arms forward; Raise!**

The arms straight and level with the shoulders, the knuckles outward (Fig. 7).

2. Arms sideways; Raise!

The arms straight and level with the shoulders, the knuckles upward.

3. Arms upward; Raise!

The arms straight, and raised directly upward over the head, the knuckles outward. (See Fig. 13.)

4. Arms sideways upward; Raise!

The arms straight until level with the shoulders, the knuckles upward; when raising upward twist the arms, the knuckles outward.

Reverse when lowering.



Fig. 9.

5. Arms to thrust; Raise!

The forearms must be level with the elbows, the hands clenched, the knuckles downward, the elbows moved backward (Fig. 8).



Fig. 8.

6. Arms to strike forward; Raise!

The hands clenched, the knuckles upward, the elbows pointing forward and level with the shoulders (Fig. 9).

7. Arms to strike sideways; Raise!

As Exercise 6, elbows pointing sideways.

8. Arms to cut forward; Raise!

The arms bent to an acute angle, the elbows point forward level with the shoulders, the fingers straight, the knuckles outward. (See Fig. 22.)

9. **Arms to cut sideways; Raise!**

As Exercise 8, elbows pointing sideways (Fig. 10).

10. **Hands on hips; Place!**

Place the thumbs backward, fingers straight and forward (Fig. 11).

11. **Hands on shoulders; Place!**

Fingers touch the shoulders, the elbows pointing sideways and level with the shoulder. (See Fig. 19.)



Fig. 10.



Fig. 11.

12. **Arms backward; Fold!**

The arms placed on the small of the back. (See Fig. 14.)

13. **Hands backward; Grasp!**

The hands clasped behind the back, the arms downward and slightly bent. (See Fig. 15.)

POSITION OF THE FEET.

1. **Step position, right (left) leg forward; Place**

Move one leg about twelve inches in the given direction, standing firmly on both feet (Fig. 11).

2. **Step position, right (left) leg sideways; Place.**
3. **Step position, right (left) leg backward; Place!**
4. **Side straddle position; Stand!**

The feet firmly on the floor, about eighteen inches apart.
(See Fig. 21.)

5. **Cross straddle position; Stand!**

The feet firmly on the floor, about eighteen inches apart, right or left leg forward. (See Fig. 22.)

6. **Fencing position; Stand!**

Execute one-eighth of a turn left or right, and place the right or left leg about eighteen inches forward, and bend the knees to an obtuse angle, the feet firmly on the floor, the body erect, and resting more on the stationary leg. (See Fig. 20.) Another fencing pos. often practised is to keep the stepping leg straight.

ARM EXERCISES FROM DIFFERENT POSITIONS.

1. **Raise the arms forward; Begin! 1-2.**
2. **Raise the arms sideways; Begin! 1-2.**
3. **Raise the arms forward upward; Begin! 1-2.**
4. **Raise the arms sideways upward; Begin! 1-2.**

See the arm positions.

5. **Thrust the arms forward; Begin! 1-2.**
6. **Thrust the arms sideways; Begin! 1-2.**
7. **Thrust the arms upward; Begin! 1-2.**
8. **Thrust the arms downward; Begin! 1-2.**

In thrusting forward or sideways, the knuckles are upward; in thrusting upward, the knuckles are backward; in thrusting downward, the knuckles are forward.

9. **Strike the arms forward; Begin! 1-2.**

10. Strike the arms forward downward; Begin! 1-2.
11. Strike the arms sideways; Begin! 1-2.
12. Strike the arms sideways downward; Begin! 1-2.
The knuckles downward.
13. Cut with the arms forward; Begin! 1-2.
14. Cut with the arms forward downward; Begin! 1-2.
15. Cut with the arms sideways; Begin! 1-2.
16. Cut with the arms sideways downward; Begin! 1-2.

In cutting with the arms forward and downward, the knuckles are outward. In cutting sideways and downward, the knuckles are backward.



Fig. 12.

17. Straighten the arms forward obliquely upward; Begin! 1-2.
18. Straighten the arms forward obliquely downward; Begin! 1-2.
19. Straighten the arms sideways obliquely upward; Begin! 1-2.
20. Straighten the arms sideways obliquely downward; Begin! 1-2.

TRUNK EXERCISES.

1. Bend the trunk forward (Fig. 12); Begin! 1-2.
 2. Bend the trunk backward; Begin! 1-2.
 3. Bend the trunk sideways right; Begin! 1-2.
 4. Bend the trunk sideways left; Begin! 1-2.
 5. Turn the trunk to the right (Fig. 13); Begin! 1-2.
 6. Turn the trunk to the left; Begin! 1-2.
- The feet remaining firm, the upper part of the body executes a quarter turn.
7. Turn and bend the trunk forward to the right;
Begin! 1-2.

8. Turn and bend the trunk forward to the left! Begin! 1-2.
 9. Turn and bend the trunk backward to the right;
Begin! 1-2.
 10. Turn and bend the trunk backward to the left;
Begin! 1-2.
- Execute the trunk exercises slowly.

HEAD EXERCISES.

1. Bend the head forward; Begin! 1-2.
 2. Bend the head backward; Begin! 1-2.
 3. Turn the head to the right; Begin! 1-2.
 4. Turn the head to the left; Begin! 1-2.
- Head exercises in slower time.

FOOT AND LEG EXERCISES.

1. Close and open feet; Begin! 1-2.
- Move the feet closely together, the heels remain closed.

2. Rise on the toes.
- The heels and the knees together, the latter straight.

3. Place the right or the left leg forward or obliquely forward; Begin 1-2.
4. Place the right or left leg sideways; Begin 1-2.
5. Place the right or left leg backward or obliquely backward; Begin! 1-2.
6. Cross the right or the left leg forward or backward;
Begin! 1-2.

The toes point downward and touch the floor, the knees straight, the weight of the body resting on the standing foot. In crossing the legs forward, the toes of the right foot meet the toes of the left foot, the right knee slightly bent. In



Fig. 13.

crossing backward, the toes of the right foot meet the heel of the left foot.

7. Raise the right or the left leg forward; (Fig. 14);
Begin! 1-2.
8. Raise the right or the left leg sideways; Begin! 1-2.
9. Raise the right or the left leg backward; Begin! 1-2.
10. Raise the right or the left leg obliquely forward or backward; Begin! 1-2.

The toes of the raised leg point downward, and the knee



Fig. 14.



Fig. 15.

is straight. The weight of the body rests on the standing leg.

11. Raise the right or the left knee (Fig. 15); Begin! 1-2.

Raise the knee to a right angle with the trunk, the leg forming a right angle with the thigh, the toes pointing downward.

12. Bend the knees; Begin! 1-2.

In bending the knees, rise on the toes, and bend the knees outward to form an obtuse or a right angle. (See Fig. 16.)

13. Lunge forward right or left; Begin! 1-2.
14. Lunge sideways right or left (Fig. 17); Begin! 1-2.
15. Lunge backward right or left; Begin! 1-2.
16. Lunge obliquely forward or backward right or left;
Begin! 1-2.



Fig. 16.



Fig. 17.

In lunging in any direction, place the moving foot about three feet from the other, which remains in place. Both feet are placed firmly on the floor, the knee of the stationary leg straight, the body erect.

When practising the trunk, leg, or head exercise, place the arms in a suitable position.

GROUP I.

Simple Exercises in Two Counts. — Arm, Trunk, and Leg Movements.

PART 1.

- | | |
|--|--|
| 1 Raise the arms forward, Begin! 1-2 | 4 Raise the arms upward, Begin! 1-2 |
| 2 Bend the trunk forward,
Begin! 1-2 | 5 Bend the trunk backward,
Begin! 1-2 |
| 3 Exercises 1 and 2 alternately,
Begin! 1-4 | 6 Exercises 4 and 5 alternately,
Begin! 1-4 |

- | | |
|--|---|
| 7 Raise the arms sideways,
Begin! 1-2 | 10 Raise the arms sideways upward,
Begin! 1-2 |
| 8 Bend the trunk sideways to the
right,
Begin! 1-2 | 11 Bend the trunk sideways left,
Begin! 1-2 |
| 9 Exercises 7 and 8 alternately,
Begin! 1-4 | 12 Exercises 10 and 11 alternately,
Begin! 1-4 |

PART 2.

- | | |
|--|--|
| 1 Bend the trunk forward,
Begin! 1-2 | 7 Bend the trunk sideways right,
Begin! 1-2 |
| 2 Place the right (left) leg backward,
Begin! 1-2 | 8 Place the right leg sideways right,
Begin! 1-2 |
| 3 Exercises 1 and 2 alternately,
Begin! 1-4 | 9 Exercises 6 and 7 alternately,
Begin! 1-4 |
| 4 Bend the trunk backward,
Begin! 1-2 | 10 Bend the trunk sideways to the
left,
Begin! 1-2 |
| 5 Place the right (left) leg forward,
Begin! 1-2 | 11 Place the left leg sideways left,
Begin! 1-2 |
| 6 Exercises 4 and 5 alternately,
Begin! 1-4 | 12 Exercises 10 and 11 alternately,
Begin! 1-4 |

PART 3.

- | | |
|--|---|
| 1 Raise the right (left) leg forward,
Begin! 1-2 | 7 Raise the right leg sideways,
Begin! 1-2 |
| 2 Raise the arms forward,
Begin! 1-2 | 8 Raise the arms sideways,
Begin! 1-2 |
| 3 Exercises 1 and 2 alternately,
Begin! 1-4 | 9 Exercises 7 and 8 alternately,
Begin! 1-4 |
| 4 Raise the right (left) leg backward,
Begin! 1-2 | 10 Raise the left leg sideways,
Begin! 1-2 |
| 5 Raise the arms upward, Begin! 1-2 | 11 Raise the arms sideways upward,
Begin! 1-2 |
| 6 Exercises 4 and 5 alternately,
Begin! 1-4 | 12 Exercises 10 and 11 alternately,
Begin! 1-4 |

PART 4.

- | | |
|---|--|
| 1 Raise the arms forward,
Begin! 1-2 | 4 Raise the arms upward,
Begin! 1-2 |
| 2 Bend the trunk forward,
Begin! 1-2 | 5 Bend the trunk backward,
Begin! 1-2 |
| 3 Raise the right and the left leg for-
ward alternately, Begin! 1-4 | 6 Raise the right and the left leg
backward alternately, Begin! 1-4 |

- | | |
|--|--|
| 7 Raise the arms sideways,
Begin! 1-2 | 10 Raise the arms sideways upward,
Begin! 1-2 |
| 8 Bend the trunk sideways right,
Begin! 1-2 | 11 Bend the trunk sideways left,
Begin! 1-2 |
| 9 Raise the right leg sideways,
Begin! 1-2 | 12 Raise the left leg sideways,
Begin! 1-2 |

GROUP II.

Simple and Compound Exercises in Two Counts.

PART 1.

Arm and Leg Exercises.

The Hands on the Hips.

- | | |
|---|---|
| 1 Straighten the right arm forward,
Begin! 1-2 | 10 Straighten the right arm upward. |
| 2 Raise the right knee. | 11 Raise the right knee. |
| 3 Straighten the right arm forward
and raise the right knee. | 12 Straighten the right arm upward
and raise the right knee. |
| 4 Straighten the left arm forward. | 13 Straighten the left arm upward. |
| 5 Raise the left knee. | 14 Raise the left knee. |
| 6 Straighten the left arm forward and
raise the left knee. | 15 Straighten the left arm upward
and raise the left knee. |
| 7 Straighten both arms forward. | 16 Straighten both arms upward. |
| 8 Bend the knees. | 17 Bend the knees. |
| 9 Straighten both arms forward and
bend both knees. | 18 Straighten both arms upward and
bend both knees. |

PART 2.

Leg and Trunk Exercises.

Grasp the Hands or fold the Arms backward.

CROSS STRADDLE POSITION RIGHT (LEFT) LEG FORWARD.

- | | |
|---|--|
| 1 Bend the right knee, Begin! 1-2 | 6 Bend the left knee and the trunk
backward. |
| 2 Bend the trunk forward. | |
| 3 Bend the right knee and the trunk
forward. | 7 Bend the right knee and the trunk
forward, and the left knee and
the trunk backward alternately,
Begin! 1-4 |
| 4 Bend the left knee. | |
| 5 Bend the trunk backward. | |

SIDE STRADDLE POSITION.

- | | |
|--|--|
| 8 Bend the right knee, Begin! 1-2 | 10 Bend the right knee and the trunk
sideways to the right. |
| 9 Bend the trunk sideways to the
right. | 11 Bend the left knee. |

- 12 Bend the trunk sideways left.
 13 Bend the left knee and trunk sideways to the left.

- 14 Bend the right knee and the trunk and the left knee and the trunk sideways alternately, Begin! 1-4

PART 3.

Trunk and Arm Exercises.

The Hands on Shoulders.

- 1 Turn the trunk to the right,
 Begin! 1-2.
 2 Straighten the arms sideways to the right (Fig. 18).

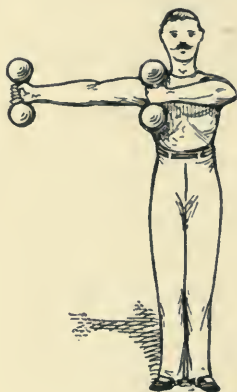


Fig. 18.

- 3 Turn the trunk to the right and straighten the arms sideways right.
 4 Turn the trunk to the left.
 5 Straighten the arms sideways left.
 6 Turn the trunk to the left and straighten the arms sideways left.
 7 Exercises 3 and 6 alternately,
 Begin! 1-4.
 8 Turn the trunk to the right and bend forward.
 9 Straighten the arms sideways.
 10 Turn the trunk to the right, bend forward, and straighten the arms sideways.
 11 Turn the trunk to the left and bend forward.
 12 Straighten the arms sideways.
 13 Turn the trunk to the left and bend forward and straighten the arms sideways.
 14 Exercises 10 and 13 alternately.

REMARKS. — In raising the arms sideways to the r., the r. arm must be straight, the l. arm bent to a r. angle, the knuckles upw. Instead of turning and bending forw., the pupils may turn and bend the trunk backw. Instead of straightening the arms sidew., they may straighten them forw. or upward.

GROUP III.

Simple Exercises.

PART 1.

Arm, Trunk, and Leg Exercises.

Arms to Thrust.

- | | |
|--|---|
| 1 Thrust the right arm forward obliquely downward, Begin! 1-2. | 10 Thrust the right arm forward obliquely upward. |
| 2 Thrust the left arm forward obliquely downward. | 11 Thrust the left arm forward obliquely upward. |
| 3 Exercises 1 and 2 alternately, Begin! 1-4. | 12 Exercises 10 and 11 alternately. |
| 4 Thrust both arms forward obliquely downward. | 13 Thrust both arms forward obliquely upward. |
| 5 Bend the trunk forward. | 14 Bend the trunk backward. |
| 6 Lunge forward right. | 15 Lunge obliquely forward to the right. |
| 7 Lunge forward left. | 16 Lunge obliquely forward to the left. |
| 8 Exercises 6 and 7 alternately. | 17 Exercises 15 and 16 alternately. |
| 9 Rise on the toes. | 18 Bend the knees. |

PART 2.

Arm, Trunk, and Leg Exercises.

Arms to Thrust.

- | | |
|---|--|
| 1 Thrust the right arm sideways obliquely downward, Begin! 1-2. | 10 Thrust the right arm sideways obliquely upward. |
| 2 Thrust the left arm sideways obliquely downward. | 11 Thrust the left arm sideways obliquely upward. |
| 3 Exercises 1 and 2 alternately. | 12 Exercises 10 and 11 alternately. |
| 4 Thrust both arms sideways obliquely downward. | 13 Thrust the arms sideways obliquely upward. |
| 5 Bend the trunk right sideways. | 14 Bend the trunk sideways left. |
| 6 Lunge sideways right. | 15 Lunge obliquely backward right. |
| 7 Lunge sideways left. | 16 Lunge obliquely backward left. |
| 8 Exercises 6 and 7 alternately. | 17 Exercises 15 and 16 alternately. |
| 9 Rise on the toes. | 18 Bend the knees. |

GROUP IV.

Simple and Compound Exercises. — Arm, Trunk, and Leg Exercises.

PART 1.

Arm and Leg Exercises.

FENCING POSITION (FIG. 19).

Arms to Thrust. (See Fig. 8.)

- | | |
|--|--|
| 1 Thrust the right arm forward obliquely upward, the left arm backward obliquely downward, | 3 Combine exercises 1 and 2. |
| 2 Lunge forward right. | 4 Thrust both arms forward obliquely upward. |
| | 5 Bend the knees. |
| | 6 Combine exercises 4 and 5. |
- Begin! 1-2.

CHANGE FENCING POSITION (LEFT LEG FORWARD).

- | | |
|--|---|
| 7 Thrust the left arm forward obliquely upward, the right arm backward obliquely downward. | 10 Thrust both arms forward obliquely upward. |
| 8 Lunge forward left. | 11 Bend the knees. |
| 9 Combine exercises 7 and 8. | 12 Combine exercises 10 and 11. |

PART 2.

Arm and Leg Exercises.

FENCING POSITION.

Arms to Thrust.

- | | |
|--|---|
| 1 Cover the head with the right arm and thrust the left arm backward obliquely downward (Fig. 20), | 5 Bend the knees. |
| 2 Lunge forward right. | 6 Combine exercises 4 and 5. |
| 3 Combine exercises 1 and 2. | 7 Thrust both arms backward obliquely downward to the left. |
| 4 Cover the head with both arms. | 8 Lunge forward right. |
| | 9 Combine exercises 7 and 8. |
- Begin! 1-2.

CHANGE FENCING POSITION (LEFT LEG FORWARD).

10-18 As exercises 1-9, but left.

PART 3.

Arm and Trunk Exercises.

SIDE STRADDLE POSITION (FIG. 21).

Arms Upward in Position. (See Fig. 13.)

- | | |
|---------------------------------------|--------------------------------------|
| 1 Swing the arms outward in a circle, | 2 Swing the arms outward in a circle |
| Begin! 1-2. | and bend the trunk forward. |

- 3 Swing the arms inward in a circle.
- 4 Swing the arms inward in a circle and bend the trunk forward.
- 5 Swing the arms sideways to the right in a circle.
- 6 Swing the arms sideways to the right in a circle and bend the trunk sideways right.
- 7 Swing the arms sideways to the left in a circle.



Fig. 19.



Fig. 20.



Fig. 21.



Fig. 22.

- 8 Swing the arms sideways to the left in a circle and bend the trunk sideways left.
- 9 Swing the arms forward at the right side in a circle.
- 10 Swing the arms forward at the right side in a circle and turn the trunk to the right.
- 11 Swing the arms sideways to the left in a circle.
- 12 Swing the arms sideways to the left in a circle and turn the trunk to the right.

GROUP V.

Compound Exercises in Two Counts.

Arm, Leg, and Trunk Exercises.

PART 1.

Arm and Leg Exercises.

- 1 Raise the arms forward and bend the knees, Begin! 1-2.
- 2 Raise the arms upward and rise on the toes.
- 3 Raise the arms sideways and bend the knees.
- 4 Raise the arms sideways upward and rise on the toes.
- 5 Raise the arms sideways to the right and bend the knees.
- 6 Raise the arms sideways to the left and bend the knees.
- 7 Raise the arms sideways upward by the right and rise on the toes.
- 8 Raise the arms sideways upward by the left and rise on the toes.

PART 2.

Leg and Trunk Exercises.

- | | |
|---|--|
| 1 Raise the right leg forward, bend the left knee, and bend the trunk backward, Begin! 1-2.
2 Raise the left leg forward, bend the right knee, and bend the trunk backward.
3 Raise the right leg backward, bend the left knee, and bend the trunk forward.
4 Raise the left leg backward, bend the right knee, and bend the trunk forward. | 5 Raise the right leg sideways, bend the left knee, and bend the trunk sideways left.
6 Raise the left leg sideways, bend the right knee, and bend the trunk sideways right.
7 Raise the right leg obliquely backward, bend the left knee, and turn the trunk to the right.
8 Raise the left leg obliquely backward, bend the right knee, and turn the trunk to the left. |
|---|--|

GROUP VI.

Compound Exercises in Two Counts.

Arm, Trunk, and Leg Exercises.

PART 1.

The Hands on the Hips.

- | | |
|---|--|
| 1 One step forward, March! 1-2.
2 Bend the trunk forward and straighten the arms downward, Begin! 1-2.
3 One step sideways to the right.
4 Bend the trunk backward and straighten the arms upward. | 5 One step backward.
6 Bend the trunk sideways right and straighten the arms sideways.
7 One step sideways left.
8 Bend the trunk sideways left and straighten the arms sideways. |
|---|--|

After executing one step, practise the trunk and arm exercises several times.

PART 2.

Arms to Cut.

- | | |
|--|---|
| 1 One step forward and backward, March! 1-4.
2 Cut the arms forward and jump to the cross straddle position (Fig. 22).
3 One step sideways to the right and the left.
4 Cut the arms sideways. | 5 One step backward and forward.
6 Cut the arms forward downward and jump to the cross straddle position.
7 One step sideways left and right.
8 Cut the arms sideways downward and jump to the side straddle position. |
|--|---|

In practising the cross straddle position, place the right and left leg forward alternately.

GROUP VII.

Combined Exercises in Two Counts.—Counter Exercises.

FORM THE CLASS INTO TWO DIVISIONS.

Arm, Leg, and Trunk Exercises.

PART 1.

Arms to Thrust.

- | | |
|--|---|
| 1 Thrust the outer arm forward and lunge forward with the outer leg, Begin! 1-2. | 7 Thrust both arms forward and lunge forward obliquely outward. |
| 2 Thrust the inner arm forward and lunge forward with the inner leg. | 8 Thrust both arms forward and lunge forward obliquely inward. |
| 3 Thrust the outer arm sideways and lunge sideways with the outer leg. | 9 Thrust both arms sideways and lunge sideways obliquely outward. |
| 4 Thrust the inner arm sideways and lunge sideways with the inner leg. | 10 Thrust both arms sideways and lunge sideways obliquely inward. |
| 5 Thrust the outer arm upward and lunge backward with the outer leg. | 11 Thrust both arms upward and lunge backward obliquely outward. |
| 6 Thrust the inner arm upward and lunge backward with the inner leg. | 12 Thrust both arms upw. and lunge backward obliquely inward. |

The outer arm or leg of the division to the right is the right arm or leg; of the division to the left, the left arm or leg. Inward means towards the centre.

PART 2.

Leg, Trunk, and Arm Exercises.

- | | |
|---|--|
| 1 Lunge forward with the outer leg, bend the trunk forward, and fold the arms backward, Begin! 1-2. | 4 Lunge sideways with the inner leg, bend the trunk sideways inward, and place the hands on the shoulders. |
| 2 Lunge forward with the inner leg, bend the trunk forward, and fold the arms backward. | 5 Lunge backward with the outer leg, bend the trunk backward, and fold the arms forward. |
| 3 Lunge sideways with the outer leg, bend the trunk sideways outward, and place the hands on the shoulders. | 6 Lunge backward with the inner leg, bend the trunk backward and fold the arms forward. |

- | | |
|--|---|
| <p>7 Lunge forward obliquely outward, bend the trunk forward, and raise the arms forward.</p> <p>8 Lunge forward obliquely inward, bend the trunk forward, and raise the arms forward.</p> <p>9 Lunge sideways outward, turn the trunk outward, and raise the arms upward.</p> | <p>10 Lunge sideways inward, turn the trunk inward, and raise the arms upward.</p> <p>11 Lunge backward obliquely outward, bend the trunk backward, and raise the arms sideways.</p> <p>12 Lunge backward obliquely inward, bend the trunk backward, and raise the arms sideways.</p> |
|--|---|

See Part 1.

GROUP VIII.

Simple Exercises in Two Counts.—Dissimilar Exercises.

DIVIDE THE CLASS IN A FIRST AND SECOND DIVISION OR IN FIRST AND SECOND FILES.

Arm, Trunk, and Leg Exercises.

PART 1.

Arm and Trunk Exercises.

The Hands on the Hips or the Shoulders.

- | | |
|---|--|
| <p>1 1st Division straighten the arms forward.</p> <p>2d Division bend the trunk forward, Begin! 1-2</p> <p>2 1st Division bend the trunk forward.</p> <p>2d Division straighten the arms forward.</p> <p>3 Exercises 1 and 2 alternately, Begin! 1-4</p> <p>4 1st Division straighten the arms upward.</p> <p>2d Division bend the trunk backward.</p> <p>5 1st Division bend the trunk backward.</p> <p>2d Division straighten the arms upward.</p> <p>6 Exercises 4 and 5 alternately.</p> | <p>7 1st Division straighten the arms sideways to the right.</p> <p>2d Division bend the trunk sideways to the right.</p> <p>8 1st Division bend the trunk sideways to the right.</p> <p>2d Division straighten the arms sideways to the right.</p> <p>9 Exercises 7 and 8 alternately.</p> <p>10 1st Division straighten the arms sideways to the left.</p> <p>2d Division bend the trunk sideways to the left.</p> <p>11 1st Division bend the trunk sideways to the left.</p> <p>2d Division straighten the arms sideways to the left.</p> <p>12 Exercises 10 and 11 alternately.</p> |
|---|--|

PART 2.

Compound Exercises in Two Courts.

Arms to Thrust.

- 1 1st Division thrust the arms forward and bend the knees.
2d Division thrust the arms upward and lunge forward right and left alternately, Begin! 1-4
- 2 1st Division thrust the arms upward and lunge forward right and left alternately.
2d Division thrust the arms forward and bend the knees.
- 3 Exercises 1 and 2 alternately,
Begin! 1-4.
- 4 1st Division thrust the arms upward and rise on the toes.
2d Division thrust the arms sideways and lunge sideways right and left alternately.
- 5 1st Division thrust the arms sideways and lunge sideways right and left alternately.
2d Division thrust the arms upward and rise on the toes.
- 6 Exercises 4 and 5 alternately.
- 7 1st Division thrust the arms sideways and bend the knees.
2d Division thrust the arms forward and lunge backward right and left alternately.
- 8 1st Division thrust the arms forward and lunge backward right and left alternately.
2d Division thrust the arms sideways and bend the knees.
- 9 Exercises 7 and 8 alternately.
- 10 1st Division thrust the arms downward and rise on the toes.
2d Division thrust the arms backward and lunge forward right and left alternately.
- 11 1st Division thrust the arms backward and lunge forward right and left alternately.
2d Division thrust the arms downward and rise on the toes.
- 12 Exercises 10 and 11 alternately.

WAND EXERCISES

BY WILLIAM REUTER

THE lessons here presented are in form of series, and are progressive, each one in itself being complete. In the arrangement thereof, great care has been observed to adapt them to the wants of good honest "class-work," as well as to make them pleasing to the eye, in the hope of awakening a sense for quick, accurate, and decided action, as well as for the beautiful in form and position.

THE WAND.

The wand is a round stick, generally of wood or iron. Thickness, length, and weight should be in proportion to the person using it; viz., always long enough to form the hypotenuse of a right-angled triangle, when the hands have grasped it at the extreme ends, and the arms are extended at right angles. When of wood the thickness varies from three-quarters of an inch to one and a quarter inches; when of iron, from five-eighths of an inch to one inch. The wand for the adult may weigh from five to eight pounds.

POSITIONS.

It is advisable to become familiar with the different positions of the wand, and the different ways in which it can be brought from one position to another, before attempting to combine the movements with steps, lunges, or other motions. In the following lessons the positions will be treated only in the order in which they are used.

PART I.

FIRST COURSE.

LESSON I.

- a—Taking of wand and position in carrying.
- b—Fundamental position.
- c—Resting position.
- d—First or most simple starting position.
- e—Resting position from the starting position.
- f—Lowering the wand to the floor (or to the foot).
- g—Resting position; with the wand on the floor (or at the foot).
- h—Other ways of lowering and raising the wand.

A—Carrying the Wand.

The wand should stand on end; when taken from its place, it should be carried like a gun, either at the right or the left side. The wand should rest on end on the first joint of the first finger, with the thumb brought around in front, pressing the wand firmly against the shoulder.

B—Fundamental Position.

In position; stand! (Fig. 23.)

**C—Resting Position with the Wand under the Arm.
Taken from Position at Shoulder.**

1 Resting position; stand! } 3 counts.
In place; rest!

At 1 Grasp the wand with the left hand, the fingers behind, the thumb in front at the height of the chest, the forearm close to the body and nearly or quite in a horizontal position.

At 2 Reverse the wand by bringing the left hand forward and the right upward, passing the shoulder and returning to the chest. The wand is allowed to partly glide through the right hand. The hold of the left hand remains unchanged.

At 3 Press the wand under the shoulder with the left hand, release the hold and bring the arm down; swing around to small of the back, lower the right hand (holding the wand firmly) to the thigh, and then take the step position backward right or forward left.



Fig. 23.

In position; stand! 3 counts.

Fundamental Position from Resting Position Under the Arm.

- | | |
|--|---|
| <p>1 Raise the right hand (the wand to vertical position), and grasp the wand with the left hand at the height of the chest with the fingers in front and the thumb behind, the elbow the height of the shoulders.</p> | <p>2 Move the left hand forward and return while the right hand is lowered and slides to the end of the wand.</p> |
| | <p>3 Release the hold of the left hand and bring the foot into place with a firm step.</p> |

Down in front; down! or, now! 2 counts.

D—Starting Position Horizontally Down in Front.

- | | |
|---|---|
| <p>1 The left hand grasps the wand at the height of the chest, the thumb in front and the fingers behind (the arm in position as described under C).</p> | <p>to the front in full hold. This is the upper hold, in which the wrists must be well bent backward and the back of the hands turned upward. Excepting the first count or motion, there is no material difference between the movements of this and those of the resting position from the wand at the shoulder.</p> |
| <p>2 Lower to horizontal position, the left hand sliding nearly to the end, and the right hand turning around the other end and moving a little from the end; the fingers</p> | |

Wand under shoulder; resting position; stand! Count 1, 2, 3!

OR —

Wand under shoulder; in place; rest! Count 1, 2, 3!

E—Resting Position from the Starting Position, and Return to Position at the Shoulder.

- | | |
|---|--|
| <p>1 Bring the left hand to the chest, sliding along the wand, and the right hand around the end, the first finger under, as described under A.</p> | <p>To return from the resting to the starting position is the same as to return to the fundamental position, with the exception that at 3 the left hand does not release its hold, but takes the wand down to the starting position.</p> |
| <p>2, 3 Same as described under C.</p> | |

NOTE WELL.—When this is intended, simply call for “Position!” Let it be understood that “position,” in all cases where so used, means or calls for the return to the position previous to the change to resting position.

From the Starting Position to Position at Shoulder.

To return the wand from the starting position to the shoulder is simply to go back in reverse order.

Raise to the right shoulder; now! Count 1, 2!

or —

To the right shoulder; raise! Count 1, 2!

- | | |
|---|--|
| <p>1 Raise the left hand to the chest, letting the wand glide through the hand.</p> <p>2 Release the hold of the left hand and bring the arm and hand down to the side.</p> | <p>As the left hand is raised, the right hand is brought close to the side and turned around to the end of the wand.</p> |
|---|--|

In position; stand!

F—From the Fundamental Position; the Wand at the Shoulder. Lower the Wand to the Floor.

<p>The wand carried at the right shoulder, not leaning backward nor in a vertical position, but slanting</p>	<p>forward slightly same as the body. Let the wand point in line to the heel.</p>
--	---

In four counts, wand to the foot! down! or, now! 1, 2, 3, 4!

- | | |
|---|---|
| <p>1 Bring the left hand up and grasp the wand at the height of the chest, the fingers in front, the thumb behind, forearm close to the body, and nearly or quite in a horizontal position.</p> <p>2 Release the right hand and grasp the wand at the height of the shoulder, or a little higher back of the hand in front, and elbow</p> | <p>resting close to the wand and to the other hand.</p> <p>3 Bring the left hand down to the side.</p> <p>4 Lower the wand to the standing position on the floor at the foot near the small toe. Return to position at the shoulder in the reverse order.</p> |
|---|---|

G—Resting Position, with the Wand on the Floor or at the Foot.

Another and more simple resting position from the starting position is: The wand on the floor, or —

or, — **To foot. Resting position; Stand! Count 1, 2, 3!**

The wand on the floor. In place; Rest! Count 1, 2, 3!

- | | |
|---|--|
| <p>1 Raise the left hand and bring it over to the right side, letting the wand glide through the right hand</p> | <p>to rest on the end near the small toe; the left hand is brought to rest on the other end of the wand.</p> |
|---|--|

- | | |
|--|---|
| 2 Release the hold of the right hand;
rest it on the left. | over to the left somewhat. Re-
turn to the position in reverse |
| 3 Step position backward right or
forward left, slanting the wand | order, but get the closing step in
last. |

H—Other Ways of lowering and raising the Wand.

The wand may be lowered to the foot in three and four counts, as well as when the pupil is a little further advanced, by combining the different movements. This will be readily understood, and needs no further explanation.

Also to the starting position, horizontally down in front, it may be lowered in three and four counts as well as two. For example:—

- | | |
|---|---|
| 1 Raise the left arm sideways. | 3 Down in front as described be-
fore. |
| 2 Grasp the wand with the left hand
(height of the chest or at the top). | |

In four counts:—

- | | |
|---------------------------|-------------------|
| 1 Raise the arm forward. | 3 Grasp as above. |
| 2 Swing the arm sideways. | 4 Down in front. |

Or in four counts:—

- | | |
|--|---------------------|
| 1 Raise the left arm sideways. | 3 Glide to the top. |
| 2 Grasp at the height of the chest or
the shoulder. | 4 Down in front. |

It matters not which way the wand is brought down; but it must be returned in reversed order, and in as many counts as it was lowered in.

For the elementary series it is advisable to take the position horizontally down in front as the starting position. Other positions are possible, but less available.

For short, this position will be “down in front,” or “starting position,” until the other positions come into consideration.

LESSON 2.

Horizontal Position only. Arms in Similar Position.**Starting position; down in front!**

One motion and return to the starting position in two counts.

Simply raising and lowering the wand.

- | | |
|--|---|
| 1 Raise with bent arms in front (the height of and close to the chest). | 4 Raise with straight arms overhead (the arms extended at full length). |
| 2 Raise with straight arms in front and forward (the arms extended height of shoulders). | 5 Raise with bent arms behind (the wand lying across the shoulders). |
| 3 Raise with bent arms over head (the wand almost touching the head). | |

The arms are swung forward at full length, then bent, so as to bring the wand on both shoulders.

- | | |
|---|--|
| 6 Raise with straight arms behind backward (same as explained in Exercise 5, but lower backward, with the arms extended height of the shoulders). | 7 Raise with straight arms behind and down. (Same as explained in Exercise 5, but lower the arms at full length down.) |
|---|--|

If the sixth exercise is found too difficult for beginners, it may be omitted.

Suggestions regarding the Forming of Classes.

Classes may be formed in regular or alternate lines of any numbers. The triangular form of placing is also very good and pleasing to the eye. Other forms, such as a circle, square, etc., are sometimes used.

Positions or Poses.

Pupils will remember a series of exercises better, and execute them with more exactness, when they are preceded or followed by rests or pauses. It promotes the value of the

exercise, tending to cultivate a sense for the beautiful in posture, when these rests consist partly or wholly of poses in some relation to that which has been executed or is to follow. Begin to count 1, 2, 3, etc. At 3, take the first movement of the first exercise as a position, and remain in the same until 13. At 13 return to the starting position, then pause until 16. If desired to make the position of shorter duration, take it at 5, and return at 11, etc., thereby giving more time to think of what is to follow. Then begin the first exercise and repeat once or twice. In this manner proceed with the other exercises, taking poses and movements in their order. It is of pleasing effect to wind up with a grouping of the class in positions, showing as much as possible a *résumé* of the different positions (by different lines) contained in the whole series.

Music.

When accompanied by music, exercises may be executed either in fast or slow time as desired, and to almost any piece of music with well-marked time. Exercises, or series of exercises, may be arranged for a certain specified piece of music, or *vice versa*. Great care should be taken that the character of the music be in harmony with the exercises.

LESSON 3.

Horizontal Position only; with the Arms in Dissimilar Positions. The Wand Parallel and Oblique and Diagonal to the Body.

Starting Position; down in Front.

NOTE.—When both arms are bent the elbows are pointed downward. When only one arm is bent the elbow points as

much as possible on a line with the wand in horizontal position, or at right angles to it, as in vertical positions. There are only few exceptions to this rule. By simply giving the directions or place to which the hands are brought, the positions will in nearly all cases be more uniform and more readily understood. It is easier to describe the motion or course of each hand than the final position; the latter being the ultimate result of the former, it is advisable to strictly adhere to these directions.

**Explanations of Terms "in Front," "in Front Forward," "Behind,"
"Behind Backward," and "Sideways."**

By the term "in front" is meant as near to the chest as possible with one or both hands: "in front forward," one or both arms extended height of the shoulders. The same holds good for the positions behind the body. "Behind" is at the height of the shoulders and resting near there, and "behind backward" is with the arms extended backward at the height of the shoulders. "Sideways" means arms extended sideways at the height of the shoulders. In "sideways" one arm is bent, the other extended. In Lessons 1 and 2 the hands retain their hold; that is, do not glide along the wand except when so stated.



Fig. 24.

- A**—Wand parallel to the body. 2 counts.
 1 Left sideways, right in front (Fig. 24.) 2 counts.
 2 Right sideways, left in front. 2 counts.

- 3 Left sideways, right behind
(Fig. 25). 2 counts.
- 4 Right sideways, left behind.
2 counts.

B—The wand in an oblique position to the body; both arms extended.

- 1 Left sideways, right in front forward.
2 counts.
- 2 Right sideways, left in front forward.
2 counts.
- 3 Left sideways, right behind backward.
2 counts.
- 4 Right sideways, left behind backward.
2 counts.



Fig. 25.

P.S.—Exercises 3 and 4 are less used, and are more difficult.

C—The wand in an oblique position to the body; one arm bent.

- 1 Left under the shoulder, the right in front forward (Fig. 26).
2 counts.

- 2 Right under the shoulder, the left in front forward. 2 counts.

- 3 Left on the shoulder, the right in front forward (Fig. 27).
2 counts.

- 4 Right on shoulder, the left in front forward. 2 counts.



Fig. 26.



Fig. 27.

The exercises in this lesson are not so well adapted to form series alone, but in combining with others they are

indispensable. They should be well practised. Great care should be taken to bring the elbow in a line with the wand, and to have the hand of the extended arm turned palm down in the exercises 1, 2, 3 and 4 A. In B both hands retain full hold.

LESSON 4.

Oblique or Diagonal Position, but not Horizontal. Arms in Dissimilar Positions.

Starting Position; down in Front.

- | | |
|---|---|
| A —Oblique with one arm bent. | 2 Right in front forward, left (remains) down (bring to the thigh). 2 counts. |
| 1 Left in front, right (remains) down. See note below. 2 counts. | 3 Left in front forward, right upward. 2 counts. |
| 2 Right in front, left (remains) down. See note below. 2 counts. | 4 Right in front forward, left upward. 2 counts. |
| 3 Left in front, right upward. See note below. 2 counts. | 5 Left sideways, right upward. 2 counts. |
| 4 Right in front, left upward. See note below. 2 counts. | 6 Right sideways, left upward. 2 counts. |
| 5 Left behind (near shoulder), right remains down. 2 counts. | 7 Left sideways, right (remains) down (bring to the thigh). 2 counts. |
| 6 Right behind (near shoulder), left remains down. 2 counts. | 8 Right sideways, left (remains) down (bring to the thigh). 2 counts. |
| B —Oblique with both arms extended. | |
| 1 Left in front forward, right (remains) down (bring to the thigh). 2 counts. | |

Both oblique and diagonal are considered, by many, correct terms. We are rather inclined to favor the oblique or obliquely, and give it the preference.

NOTE.—In the exercises of A the hand of the straight arm glides partly along the wand. In exercises 3 and 4 the straight arm may point forward upward or sideward upward obliquely. In exercises 3 and 4 the bent arm may be behind as well as in front.

LESSON 5.

Horizontal and Parallel. Horizontal and Right Angular and Vertical Positions. The Arms in Similar and Dissimilar Positions.

Movements in which one or both arms cross to the opposite side; either straight or bent. One or both hands glide along the wand.

A — Parallel; both arms cross to the opposite sides (Fig. 28).

- 1 Left above to right, right below to left (cross the arms left over right). 2 counts.

- 2 Right above to left, left below to right (cross the arms right over left). 2 counts.

B — Right angular; one arm crosses to the opposite side.



Fig. 28.



Fig. 29.



Fig. 30.

- 1 Left forward down, right backward down, the arms extended, or the wand resting on the hip (Fig. 29). 2 counts.

- 2 Right forward down, left backward down, the arms extended, or the wand resting on the hip. 2 counts.

C — Right angular; the extended arm crosses to the opposite side.

- 1 Left under shoulder, right in front, forward, over (Fig. 30). 2 counts.

- 2 Right under shoulder, left in front, forward, over. 2 counts.

- 3 Left on shoulder, right in front, forward, over. 2 counts.

- 4 Right on shoulder, left in front, forward, over. 2 counts.

D—Right angular. The bent arm crosses to the opposite side.

1 Left under right shoulder, right in front forward (Fig. 31). 2 counts.

2 Right under left shoulder, left in front forward. 2 counts.

3 Left on right shoulder, right in front forward. 2 counts.

4 Right on left shoulder, left in front forward. 2 counts.

E—Vertical; the wand in front on middle line of the body.

1 Left upward forward, right downward forward (the arms bent), (present). 2 counts.



Fig. 31.



Fig. 32.



Fig. 33.

2 Right upward forward, left down forward (the arms bent), (present). 2 counts.

3 Left upward forward, right down forward (the arms straight), (present). (Fig. 32.) 2 counts.

4 Right upward forward, left down forward (the arms straight), (present). 2 counts.

5 Left in front, right upward and glide to left (the arms bent), changing underhold. 2 counts. This may be executed with the arms extended upward as well as bent.

6 Left in front, right down and glide to the left (the arms bent), may rest on the floor or not. 2 counts.

F—Vertical; the wand at the side of the body; one arm crosses to the opposite side.

1 Left in front over (in front of the right shoulder), right down (Fig. 33). 2 counts.

2. Right in front over (in front of right shoulder), left downward. 2 counts.

3 Left in front over, the right down (on the floor). 2 counts.



Fig. 34.

- 4 Right in front over, left down (on the floor). 2 counts.
- 5 Left in front over (in front of right shoulder), right upward (Fig. 34). 2 counts.
- 6 Right in front over (in front of the left shoulder), left upward. 2 counts.

NOTE.—In all vertical positions in which one arm crosses over to the opposite side, the hand of the extended arm glides along the wand. When practising this lesson it will be readily seen in which other exercises one or both hands glide. There are a few more vertical positions behind the body; they will be explained in lessons farther on. Being very difficult, they require much practice. In the five foregoing lessons all essential positions adapted to simple exercises consisting of but one movement and return have been presented. Accuracy in position, vim and energy in execution, should be acquired before the exercises of the second course are attempted.

PART II.

SECOND COURSE.

FROM the starting position "Down in front," two successive motions and return in reverse order. In the following lessons, the most simple forms are given; i.e., those in which the changes from one position to the other are executed in the shortest way possible.

P.S.—The accent or force of execution is placed on the second and fourth counts more than on the others.

Horizontal and Parallel Position only.

I

- 1 (Bend arms.) In front.
- 2 (Straighten arms.) Forward.
- 3 (Bend arms.) In front.
- 4 (Straighten arms.) Down.
4 counts.

II

- 1 (Bend arms.) In front.
- 2 (Straighten arms.) Upward.
- 3 (Bend arms.) In front.
- 4 (Straighten arms.) Down.
4 counts.

III

- 1 (Bend arms.) In front.
- 2 (Straighten arms.) Behind backward.
- 3 (Bend arms.) In front.
- 4 (Straighten arms.) Down in front.
4 counts.

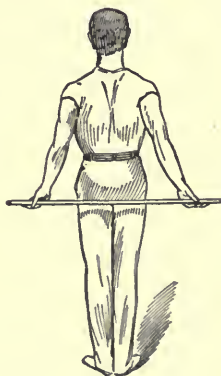


Fig. 35.

IV

- 1 (Bend arms.) In front.
- 2 (Straighten arms.) Behind downward (Fig. 35).
- 3 (Bend arms.) In front.
- 4 (Straighten arms.) Down in front.
4 counts.

V

- 1 (Bend arms.) In front.
- 2 Left sideways, right in front.
- 3 (Bend arms.) In front.
- 4 Down. 4 counts.

VI

- 1 (Bend arms.) In front.
- 2 Right sideways, left in front.
- 3 (Bend arms.) In front.
- 4 Down. 4 counts.

VII

- 1 (Bend arms.) In front.
- 2 Left sideways, right behind.
- 3 (Bend arms.) In front.
- 4 Down. 4 counts.

VIII

- 1 (Bend arms.) In front.
- 2 Right sideways, left behind.

- 3 (Bend arms.) In front.
- 4 Down. 4 counts.

IX

- 1 (Bend arms.) In front.
- 2 (Bend arms.) Behind.
- 3 (Bend arms.) In front.
- 4 Down. 4 counts.

X

- 1 (Bend arms.) In front.
- 2 (Straighten arms.) Behind backward.

- 3 (Bend arms.) In front.
- 4 Down in front. 4 counts.

XI

- 1 (Bend the arms.) In front.
- 2 (Straighten the arms.) Behind down.

- 3 (Bend the arms.) In front.
- 4 Down in front. 4 counts.

LESSON 2.

Starting position; down in front!

NOTE. — Two successive motions and return in reverse order. Horizontal position in the first count or movement, and vertical, angular, or horizontal position in the second count. The position (bent arms) in front need not necessarily always be the first of two motions and return. It may be second, or may be omitted entirely, as is done in the next lesson.

Angular Position.

I

- 1 (Straight arms.) In front forward.
- 2 Left in front over (see note below).
- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

II

- 1 (Straight arms.) In front forward.
- 2 Right in front over.
- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

Vertical Position.

III

- 1 (Straight arms.) In front forward.
- 2 Left in front over, right downward.
- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

IV

- 1 (Straight arms.) In front forward.
- 2 Right in front over, left down.
- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

Angular Position.

V

- 1 (Straight arms.) In front forward.
- 2 Left in front over, on right shoulder.
- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

VI

- 1 (Straight arms.) In front forward.
- 2 Right in front over, on the left shoulder.
- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

Horizontal Position.

VII

- 1 (Straight arms.) In front forward.
- 2 Left in front over and right in front over (left arm crosses

over the right arm, the hands glide).

- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

Vertical Position.

VIII

- 1 (Straight arms.) In front forward.
- 2 Left in front over, right upward.
- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

XII

IX

- 1 (Straight arms.) In front forward.
- 2 Right in front over, left upward.
- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

- 1 (Straight arms.) In front forward.
- 2 Left in front (middle of the chest) right upward.
- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

X

- 1 (Straight arms.) In front forward.
- 2 Left in front (middle of the chest) and right downward.
- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

XIII

XI

- 1 (Straight arms.) In front forward.
- 2 Right in front (middle of the chest) and left downward.

- 1 (Straight arms.) In front forward.
- 2 Right in front (middle of the chest) left upward.
- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

XIV

- 1 (Straight arms.) In front forward.
- 2 Left upward, right downward (the arms remain extended).
- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

XV

- 1 (Straight arms.) In front forward.
- 2 Right upward, left downward (arms remain extended).
- 3 (Straight arms.) In front forward.
- 4 Down. 4 counts.

XVI AND XVII

Same as XIV. and XV., with both arms bent in vertical position in front in the second count.

NOTE.—When one hand crosses to the opposite side at the height of the chest, the other end of the wand is brought under the shoulder or arm (armpit), and the wand glides through the hand of the extended arm, which remains in nearly the same position. Where the end of the wand is to be brought on the opposite or on the same shoulder, a special command must be given.

LESSON 3.

Starting position; down in front!

Two successive motions and return. Vertical position in the first count and oblique position in the second count.



Fig. 36.

I

- 1 Vertical in front forward (left hand up, right hand down). See the note below.
- 2 Left down, right sideways.
- 3 Return to the first position.
- 4 Down. 4 counts.

II

- 1 Vertical in front forward.
- 2 Right down, left sideways.
- 3 Vertical in front forward.
- 4 Down. 4 counts.

III

- 1 Vertical in front forward.
- 2 Left sideways, right upward (Fig. 36).
- 3 Vertical in front forward.
- 4 Down. 4 counts.

IV

- 1 Vertical in front forward.
- 2 Right sideways, left upward.
- 3 Vertical in front forward.
- 4 Down. 4 counts.

V

- 1 Vertical in front forward.
- 2 Right upward (overhead), left in front forward. (Left hand remains lowered just a little.)
- 3 Vertical in front forward.
- 4 Down. 4 counts.

VI

- 1 Vertical in front forward.
- 2 Left upward, right in front forward (same as in Exercise 5).

- 3 Vertical in front forward.

- 4 Down. 4 counts.

VII

- 1 Vertical in front forward.
- 2 Left downward, sideways, right (overhead) behind.
- 3 Vertical in front forward.
- 4 Down (in front). 4 counts.

VIII

- 1 Vertical in front forward.
- 2 Right downward, sideways, left (overhead) behind.
- 3 Vertical in front forward.
- 4 Down. 4 counts.

NOTE. — All the vertical positions in this lesson must be practised alternately; i.e., in the first exercise the left hand should be up and the right hand down, and *vice versa*.

Care should be taken to have the vertical position in the 3d count or movement of each exercise the same as in the first count of the same exercise.

LESSON 4.

From the starting position, "Down in front." Three successive motions and return. The changes from one position to the other in the shortest way possible.

REMARKS. — Although not so much used in the composition for exhibitions, it is well to swerve from the "it so seems" established rule of "two, four, eight." Movements can be taken with two counts of resting following each repetition; or with a "facing" (one-quarter turn or about face) at 7 and 8; but they will tax the attention of a class in a greater degree than usual.

For "motions in reverse," the simpler expression, "return motions," will be used in the following lessons.

I

- 1 (Bend arms.) In front.
- 2 (Straight arms.) In front forward.
- 3 (Straight arms.) Upward.
- 4 }
- 5 } Return motions.
- 6 }

II

- 1 (Bend arms.) In front.
- 2 (Straight arms.) In front forward.
- 3 (Straight arms.) Behind backward.
- 4 }
- 5 } Return motions.
- 6 }

III

- 1 (Bend arms.) In front.
- 2 (Straight arms.) In front forward.
- 3 (Straight arms.) Behind downward.
- 4 }
- 5 } Return motions.
- 6 }

IV

- 1 (Bend arms.) In front.
- 2 (Straight arms.) In front forward.
- 3 Left sideways, right in front.
- 4 }
- 5 } Return motions.
- 6 }

V

- 1 (Bend arms.) In front.
- 2 (Straight arms.) In front forward.
- 3 Right sideways, left in front.
- 4 }
- 5 } Return motions.
- 6 }

VI

- 1 (Bend arms.) In front.
- 2 (Straight arms.) In front forward.
- 3 (Bend arms.) Behind.
- 4 }
- 5 } Return motions.
- 6 }

VII

- 1 (Bend arms.) In front.
- 2 (Straight arms.) In front forward.
- 3 Left (overhead) behind, right downward.
- 4 }
- 5 } Return motions.
- 6 }

VIII

- 1 (Bend arms.) In front.
- 2 (Straight arms.) In front forward.
- 3 Right (overhead) behind, left downward.
- 4 }
- 5 } Return motions.
- 6 }

IX

REMARK.—A very neat arrangement of this lesson for exhibition is as follows:—

24 counts of the 4th and 5th exercises alternated,	then 8 counts rest.
24 counts of the 1st exercise,	then 8 counts rest.
24 counts of the 2d exercise,	then 8 counts rest.
24 counts of the 6th exercise,	then 8 counts rest.
24 counts of the 7th and 8th exercises alternated,	then 8 counts rest.
24 counts of the third exercise,	then 8 counts rest.
<hr/> 144 counts of movements, and	<hr/> 48 counts rest.

LESSON 5.

From the starting position, "Down in front," four successive motions and return.. The change from one position to the other in the shortest way possible.

REMARKS.—The positions may all differ from 1 to 4, or the 4th may simply be the opposite of the 3d. Even this rule need not be strictly observed, as in some arrangements it may be better to make the 3d motion the opposite of the 2d. In this lesson but four successive changes of the simplest form will be given. In the following lessons, the command "bend arms" before the command "in front" will be omitted. Let it be understood that "in front" means at the height of the chest (near the shoulder). The "in front" will also be omitted before the "forward." Let it be understood that the "forward" means with the arms (or one arm) extended at the height of the shoulders, unless otherwise mentioned. It makes the command simpler and more concise, and will be understood fully as well when the pupils have practised all previous lessons thoroughly. The word "behind," when used with "backward," may be dropped; in fact, all commands of explanation should be limited to the fewest words possible, without cutting or altering the meaning. Instead of giving the exercises in full in both directions, they will in the remaining lessons be given in one direction only; and when the same are to be executed in the opposite direction, the simple command, "The same contrarily!" or, "Contrary, the same!" will be given.

1 In front.

2 Forward.

3 Left sideways, right in front.

4 Right sideways, left in front.

5

6

7

8

} Return motions.

The same contrarily.

III

- 1 In front. 2 Forward.
- 3 Left sideways, right in front.
- 4 Right sideways, left behind.
- 5
- 6 } Return motions.
- 7
- 8

IV

The same contrarily.

V

- 1 In front. 2 Forward.
- 3 Upward.
- 4 Left behind, right downward.
- 5
- 6 } Return motions.
- 7
- 8

VI

The same contrarily.

VII

- 1 In front. 2 Forward.
- 3 Behind.
- 4 Behind downward, or down behind.
- 5
- 6 } Return motions.
- 7
- 8

VIII

The same contrarily.

IX

- 1 In front.
- 2 Forward.
- 3 Upward.
- 4 Down behind.
- 5
- 6 } Return motions.
- 7
- 8

X

The same contrarily.

XI

- 1 In front. 2 Forward.
- 3 Upward.
- 4 Left (remains) upward, right in front over (in front of the left shoulder).
- 5
- 6 } Return motions.
- 7
- 8

XII

The same contrarily.

XIII

- 1 In front. 2 Forward.
- 3 Upward.
- 4 Left forward, right in front over (the end in the right hand is brought under the left shoulder).
- 5
- 6 } Return motions.
- 7
- 8

XIV

The same contrarily.

XV

- 1 In front. 2 Forward.
- 3 Upward.
- 4 Left downward, right in front over.
- 5
- 6 } Return motions.
- 7
- 8

XVI

The same contrarily.

XVII

- 1 In front. 2 Forward.
- 3 Upward.
- 4 Left in front over, and right in front over (left arm crosses over right, and hands glide towards each other somewhat).
- 5
- 6 } Return motions.
- 7
- 8

XVIII

The same contrarily.

PART III.

THIRD COURSE.

Series of wand exercises combined with steps, strides, lunge-reverses, lunges, turning and bending of the trunk and knees. In this course a number of series are given comprising motions or exercises learned in the first and second courses. No attempt is made at exhausting each and every lesson previously learned. The series here offered show simply how to combine and arrange for a composition, wand-drill, or Roundel.

SERIES I.

Starting position; down in front.

Parallel and easy contra-combinations.

PART 1.

With Step Position Forward.

- 1 Forward with step position, forward left (on ball of the foot) (Fig. 37). 2 counts.
 - 2 Forward with step position, forward right (on ball of the foot). 2 counts.
 - 3 Forward with step position, forward left (on whole foot). 2 counts.
 - 4 Forward with step position, forward right (on whole foot). 2 counts.
- Repeat four times. 32 counts.
Pause 16 counts, with rest or pose at 3, and recover at 13.

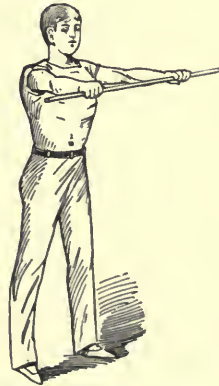


Fig. 37.

PART 2.

With Step Position Sideways.

- | | |
|--|---|
| 1 Sideways left, right in front, with step position sideways left (on ball of the foot). 2 counts. | 2 Sideways right, left in front with step position, sideways right (on ball of the foot). 2 counts. |
|--|---|

- 3 Sideways left, right in front with step position, sideways left (on whole foot) (Fig. 38).

2 counts.

- 4 Sideways right, left in front, with

step position, sideways right (on whole foot). 2 counts.

Repeat four times. 32 counts.

Pause with rest or pose, and recover as above.



Fig. 38.



Fig. 39.

PART 3.

With Step Position Backward.

- 1 Upward with step position, backward left, (on ball of the foot) (Fig. 39). 2 counts.

- 2 Upward with step position, backward right (on ball of the foot). 2 counts.

- 3 Upward with step position, backward right (on whole foot). 2 counts.

- 4 Upward with step position, backward right (on whole foot). 2 counts.

Repeat four times. 32 counts.

Pause, etc., as above.

PART 4.

With Trunk Bent Backward.

- 1 In front with trunk bent backward (slightly). 2 counts.

- 2 In front with trunk bent backward (low). 2 counts.

- 3 In front with trunk bent backward (slightly). 2 counts.

- 4 In front with trunk bent backward (low). 2 counts.

Repeat four times. 32 counts.

Pause, etc., as above.

PART 5.

With Trunk Bent Sideways.

- 1 Left upward, right in front over (height of the stomach), with the trunk bent sideways right (slightly). 2 counts.
- 2 Right upward, left in front over (as in Exercise 1), with the trunk bent sideways left. 2 counts.
- 3 Left upward, right in front over (height of the chest, the wand glides through the left hand), with the trunk bent sideways right (low) (Fig. 40). 2 counts.
- 4 Right upward, left in front over (as in Exercise 3), with the trunk bent sideways left (low). 2 counts.

Repeat four times.
Pause, etc., as above.

2 counts.
32 counts.



Fig. 40.

PART 6.

With the Trunk Bent Forward.

- 1 Behind (on the shoulders), with the trunk bent forward (slightly). 2 counts.
- 2 Behind (on the shoulders), with the trunk bent forward (low) (Fig. 41). 2 counts.
- 3 Behind (on the shoulders), with the trunk bent forward (slightly). 2 counts.
- 4 Behind (on the shoulders), with the trunk bent forward (low). 2 counts.

Repeat four times. 32 counts.
Pause, etc., as above.



Fig. 41.



Fig. 42.

PART 7.

With Turn Trunk.

- 1 Left downward (hand glides), right in front over, with turn trunk right (the head turns still more) (Fig 42). 2 counts.

- | | |
|---|--|
| <p>2 Right downward (hand glides), left in front over, with turn trunk left (the head turns still more).
2 counts.</p> <p>3 Left downward (the hand glides), right in front over (height of the stomach), with turn trunk left.
2 counts.</p> | <p>4 Right downward (the hand glides), left in front over (height of the stomach), with turn trunk right.
2 counts.</p> <p>Repeat four times. 32 counts.</p> <p>Pause, etc., as above.</p> |
|---|--|

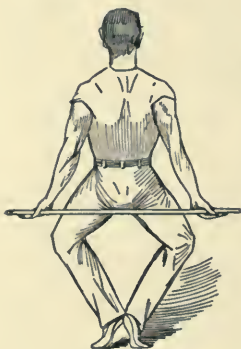


Fig. 43.

PART 8.

With Bent Knees.

- | | |
|---|-----------|
| 1 Behind down with bent knees (slightly) (Fig. 43). | 2 counts. |
| 2 Behind down, with bent knees (low). | 2 counts. |
| 3 Behind down, with bent knees (slightly). | 2 counts. |
| 4 Behind down, with bent knees (low). | 2 counts. |
- Repeat four times, and finish with pose in symmetrical grouping.

NOTE. — In Part 2, Exercise 3, sideways left, right in front, may be taken sideways left, right behind, if preferred. Also contrarily, 4.

SERIES II.

Starting position; down in front.

Two motions and return. By taking the foregoing Series I, with "bent arms" in front for the first motion, and for the second motion just as given there, we have the same in a more effective arrangement. Only the first and fourth parts of the series are given for example; the fourth, because it undergoes more of a change in the new arrangement.

PART 1.

- | | |
|---|----------------------------|
| 1 In front. | 3 } Return motions.
4 } |
| 2 Forward with step position, forward left (on ball of the foot). | |

II

- 1 In front.
- 2 Forward with step position, forward right (on ball of the foot).
- 3 } Return motions.
- 4 }

III, IV

Same as I and II, but step on the whole foot.
Repeat four times. 32 counts.
Pause, and rest or pose.

PART 2.

I

- 1 Forward (instead of in front, as in Series I).
- 2 In front with trunk bent backward (slightly).
- 3 } Return motions.
- 4 }

II

1 Forward (instead of in front as in Series I).
2 In front with trunk bent backward (low).
3 } Return motions.
4 } Pause, and rest or pose.
And so on with the remaining parts.

SERIES III.

Starting Position; down in front!

Two combined motions and return. While in Series II. the first motion was a simple one and the second a combined one, both are combined motions in this series.

PART 1

Step Position and Bend the Knee of the Stepping Leg.

I

- 1 In front with step position, forward left.
- 2 Forward with bent left knee (Fig. 44).
- 3 } Return motions.
- 4 }

NOTE. — Step as in Series I, throughout; when the knee is bent, the whole foot is down.

II

The same contrarily.
Repeat four times. 32 counts.
Rest or pose, and recover, as in the other series.



Fig. 44.

PART 2.



I

- 1 In front with step position, sideways left.
- 2 Sideways left, right in front, with bent left knee (Fig. 45).
- 3 } Return motions.
- 4 }

II

The same contrarily.
 Repeat four times. 32 counts.
 Rest or pose, etc.

PART 3.

I

- 1 In front with step position, backward left.
- 2 Upward, with bent left knee.
- 3 } Return motions.
- 4 }

II

The same contrarily.
 Repeat four times. 32 counts.
 Rest or pose, etc.

PART 4.

I

- 1 Forward with step position, backward left.
- 2 In front, with bent trunk backward and bent left knee.

- 3 } Return motions.
- 4 }

II

Contrarily.
 Repeat four times. 32 counts.
 Pause, and rest or pose, etc.

PART 5.

I

- 1 In front with step position, sideways right.
- 2 Left upwards, right in front over (height of the chest), with trunk bent sideways right and right knee bent.

- 3 } Return motions.
- 4 }

II

The same contrarily.
 Repeat four times. 32 counts.
 Pause, rest or pose, etc.

PART 6.

II

- 1 In front with step position, forward left.
- 2 Behind, with trunk bent forward and the left knee bent.

- 3 } Return motions.
- 4 }

The same contrarily.
 Repeat four times. 32 counts.
 Pause, and rest or pose, etc.

PART 7.

I

- 1 In front with step position, side-ways right.
- 2 Left downward, right in front over, with turn trunk left and bent right knee.
- 3 } Return motions.
- 4 }

- 2 Left downward, right in front over, with turn trunk right and bent right knee (the wand in front of the left leg).
- 3 } Return motions.
- 4 }

II

The same contrarily.

III

- 1 In front with step position, side-ways right.

IV

Contrarily.

Repeat two times. 32 counts.
Pause, and rest or pose, etc.

PART 8.

I

- 1 In front with raised heels.
- 2 Behind down, with bent knees (slightly).
- 3 } Return motions.
- 4 }

- 2 Behind down, with bent knees (low).
 - 3 } Return motions.
 - 4 }
- Repeat four times. 32 counts.
Finish with grouping.

II

- 1 In front with raised heels.

SERIES IV.

Starting position; down in front!

PART 1.

With Oblique Step Positions and Knee Bent of the Stepping Leg.

I

- 1 In front with step position, obliquely forward left.
2. Left oblique forward, right in front over, with bent left knee.
- 3 } Return motions.
- 4 }

II

Contrarily the same.
Repeat four times. 32 counts.
Pause, and rest or pose, as in the other series.

PART 2.

I

- 1 In front with step position, side-ways left.
- 2 Left sideways, obliquely upward, right in front over, with the left knee bent (Fig. 46).

- 3 } Return motions.
- 4 }

II

Contrarily the same.
Repeat four times. 32 counts.
Pause, and rest or pose, etc.

PART 3.

I

- 1 In front with step position, obliquely backward left.
- 2 Left upward, right in front over, with left knee bent.

3 } Return motions.
4 }

II

Contrarily the same.
Repeat four times. 32 counts.
Pause, and rest or pose, etc.

PART 4.

I

- 1 In front with step position, obliquely forward left.
- 2 Down with bent trunk forward, over left knee (the wand almost touching in front of the left foot) (Fig. 47).

3 } Return motions.
4 }

II

Contrarily the same.
Repeat four times. 32 counts.
Pause, and rest or pose, etc.

PART 5.

I

- 1 In front with step position, obliquely backward left.
- 2 Upward, with trunk bent backward and left knee bent (the trunk turns one-eighth to the right) (Fig. 48).

3 } Return motions.
4 }

II

Contrarily the same.
Repeat four times. 32 counts.
Pause, and rest or pose, etc.

PART 6.

I

- 1 Upward with cross step position, forward left.
- 2 Left in front over, right upward (the right hand remains nearly where it is, but the wand glides through the hand), with lunge sideways left (Fig. 49).

3 } Return motions.
4 }

II

Contrarily the same.
Repeat four times. 32 counts.
Pause, and rest or pose, etc.

PART 7.

I

- 1 Upward with step position, sideways left.
- 2 Left sideways down (on the floor), with the trunk bent sideways left and the left knee bent. The right hand may be brought in

front over (in front of the left shoulder), or the arm may be bent over head; the wand must stand in a vertical position (Fig. 50).

3 } Return motions.
4 }



Fig. 46.

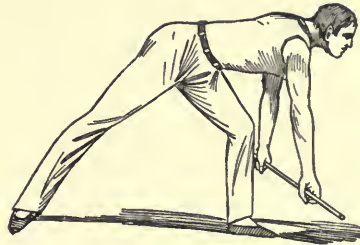


Fig. 47.



Fig. 43.



Fig. 49.



Fig. 50.

II

Contrarily the same.

Repeat four times. 32 counts.
 Pause, and rest or pose, etc.

PART 8.

I

- 1 Upward with lunge sideways left.
- 2 Left in front over, right upward with straightened left knee and bent right knee.

 $\begin{matrix} 3 \\ 4 \end{matrix} \}$ Return motions.

II

Contrarily the same.
 Repeat four times. 32 counts.
 Pause, and rest or pose, etc.

PART 9.

I

- 1 Upward with stride (both feet step sideways with a jump).
- 2 Left down (on the floor) (see part 7), with the trunk bent sideways left and the left knee bent.

 $\begin{matrix} 3 \\ 4 \end{matrix} \}$ Return motions.

II

Contrarily the same.
 Repeat four times. 32 counts.
 Pause, and rest or pose, etc.

PART 10.

I

- 1 Upward with stride.
- 2 Left in front over and right in front over (left arm crosses over right), with bent trunk sideways right and bent right knee (Fig. 51).

 $\begin{matrix} 3 \\ 4 \end{matrix} \}$ Return motions.

II

Contrarily the same.
 Repeat four times. 32 counts.
 Pause, and rest or pose, etc.



Fig. 51.

PART IV.

FOURTH COURSE.

In this course the more complicated motions, termed "winding," are spoken of exclusively.

The term "winding" may have originated from the cir-

cular motion of the hand, resembling somewhat the process of winding a cord around something. It may be done toward the body, and away from it. The former, which is executed with the under hold, occurs more frequently; the latter, which is often combined with a circular swing or sweep of the wand, and in combination with the former, permits of fewer changes. These movements are best explained and will be more readily understood if taken from the starting position "down in front." When once learned, they may be executed from different positions, as will be seen in the following series.

EXPLANATION FOR WINDING WITH THE UNDER HOLD. — Raise the left hand in front of the chest, and the right



Fig. 52.



Fig. 53.

sideways (the arm extended) (or let the wand glide through the right hand in raising). The thumb of the left hand should now point downward, and the back of the hand towards the chest, with the elbow a little higher than the shoulder (Fig. 52). From this position straighten the left

arm sideways, down or upward, retaining the hold of the left hand as much as possible, and bringing the right hand to position in front, or in front over, as the position of the left hand and arm or wand may demand (Fig. 53). It is possible to wind upward, downward, sideways, forward, and backward, in front of, and behind, the body. In the following exercises these movements will be simply termed "wind sideways, wind upward," etc. When the position at the end of an exercise is other than horizontal or vertical, it will so be stated.

LESSON 1.

Starting position; down in front (under hold)!

A — Wind to a horizontal position.

To make the command shorter, let the second or return motion always be understood.

- | | |
|--|--|
| 1 Wind sideways left, right in front. | 11 Wind backward left, right in front over (height of the shoulders). |
| 2 Wind sideways right, left in front. | 12 Wind backward right, left in front over (height of the shoulders). |
| 3 Wind sideways left, right behind. | 13 Wind backward left, right in front over (height of the hips). |
| 4 Wind sideways right, left behind. | 14 Wind backward right, left in front over (height of the hips). |
| 5 Wind forward left, right in front over (the wand glides through the winding hand). | 15 Wind upward left, right upward (both arms extended upward). |
| 6 Wind forward right, left in front over (the wand glides through the winding hand). | 16 Wind upward right, left upward (both arms extended upward). |
| 7 Wind forward left, right in front over (on shoulder). | 17 Wind sideways left over to right, right over in front (cross the arms height of the chest). |
| 8 Wind forward right, left in front over (on shoulder). | 18 Wind sideways right over to left, left over in front (cross the arms height of the chest). |
| 9 Wind forward left, right behind over (on shoulder). | |
| 10 Wind forward right, left behind over (on shoulder). | |

LESSON 2.

B—Wind to the vertical positions.

The wand may glide through the winding hand, or through the other hand, or through both hands.

- 1 Wind downward left, right in front over (Fig. 54).
- 2 Wind downward right, left in front over.
- 3 Wind downward left, right behind over (middle of the back).
- 4 Wind downward right, left behind over (middle of the back).
- 5 Wind downward left, right upward (both arms extended).
- 6 Wind downward right, left upward (both arms extended).
- 7 Wind upward left, right in front over.
- 8 Wind upward right, left in front over.
- 9 Wind upward left, right behind over.
- 10 Wind upward right, left behind over.



Fig. 54.

NOTE. — The position in 9 and 10, taken alone, will be somewhat slanting, but when taken with bending, will be found to come under the head of the vertical positions. The winding upward and downward, both in front and behind the body, may lead to a slanting position as well, and when properly combined will make a fine exercise.

LESSON 3.

The contra, or wind reverse. — Two motions and return.

Although very difficult, this is nothing more than changing from one position after winding to the opposite. The extreme difficulty arises through the quickness of the change, as the returning movement from the first position and the entire movement to the second position must be done in one count;

the movements from the second position to the third must also be effected at one count.

A — Wind in directly opposite directions.

As the position of the right hand naturally suggests itself when the left winds, it is not given in the following lessons unless necessary.

I
Sideways.

- 1 Wind sideways left.
- 2 Return and wind sideways right.
- 3 Return and wind sideways left.
- 4 Return and down in front.

II
Contrarily the same.

III
Downward.

- 1 Wind downward left.
- 2 Return and wind downward right.
- 3 Return and wind downward left.
- 4 Return and down in front.

IV
Contrarily the same.

V
Upward.

- 1 Wind upward left.
- 2 Return and wind upward right.
- 3 Return and wind upward left.
- 4 Return and down in front.

VI
Contrarily the same.

VII
Forward.

- 1 Wind forward left, right in front (on or under shoulder).
- 2 Return and wind forward right to the opposite position.
- 3 Return and wind forward left to the opposite position.
- 4 Down in front.

VIII
Contrarily the same.

IX.
Backward.

- 1 Wind backward left (height of the shoulders or the hips).
- 2 Return and wind backward right to the opposite position.
- 3 Return and wind backward left to the opposite position.
- 4 Return and down in front.

X.
Contrarily the same.

B — In different, but non-opposite directions.

XI
Sideways and downward.

- 1 Wind sideways left.

- 2 Return and wind downward right, left behind in slanting position.
- 3 } Return motions.
- 4 }

XII

Contrarily the same.

left in front over (on or under the shoulder).

$$\begin{array}{l} 3 \\ 4 \end{array} \left. \vphantom{\begin{array}{l} 3 \\ 4 \end{array}} \right\} \text{Return motions.}$$

XIII

Sideways and upward.

- 1 Wind sideways left.
- 2 Return and wind upward right,
left in front over.

$$\begin{array}{l} 3 \\ 4 \end{array} \left. \vphantom{\begin{array}{l} 3 \\ 4 \end{array}} \right\} \text{Return motions.}$$

XIV

Contrarily the same.

XV

Sideways and forward.

- 1 Wind sideways left.
- 2 Return and wind forward right,

XVI

Contrarily the same.

XVII

Sideways and backward.

- 1 Wind sideways left.
- 2 Return and wind backward right,
left in front over (at the height
of the shoulders or the hips).

$$\begin{array}{l} 3 \\ 4 \end{array} \left. \vphantom{\begin{array}{l} 3 \\ 4 \end{array}} \right\} \text{Return motions.}$$

XVIII

Contrarily the same.

As will be seen by the foregoing lessons, the contra, or wind reverse, may be extended *ad infinitum*.

LESSON 4.

The wind with the upper hold.

The wind in combination with circle, or sweep simple, and followed again by a wind.

Starting position ; down in front (upper hold)

NOTE. — When followed by a wind as last motion, the winding hand slips around the end of the wand to the under hold.

EXPLANATION OF THE DIFFERENT MOVEMENTS OF THE
WIND WITH THE UPPER HOLD.

Raise the left hand with the hold unchanged in front, and bring the right downward, letting the wand glide through the hand. The wand is now in a vertical position in front, on the middle line of the body; the left hand at the height of

the chest. Now turn the wand with the left hand firmly (as if driving a screw), until it has completed a whole turn;



Fig. 55.

then, pressing the elbow close to the body, turn the hand a little more, and straighten the left arm sideways, bringing the right hand in front or front over. (Fig. 55.) This (the wind sideways left) should be practised first in two motions and return, then in one motion and return. When executed in the latter way, the right arm swings down over, so as to allow the left hand to make the turn as explained above. The right hand must

not remain in this downward position any length of time, but must come immediately up to the position in front. The wind with the upper hold is more limited than that with the under hold.

Sideways.

- 1 Wind sideways left, right in front (see explanation).
- 2 Wind sideways right, left in front (see explanation).
- 3 Wind sideways left, right downward sweep and under left shoulder (end of the wand behind, on back, the wand in slightly slanting position).
- 4 Wind sideways right, left downward sweep and behind as in 3.

Forward.

- 5 Wind forward left, right downward sweep and under the left shoulder.

- 6 Wind forward right, left downward sweep and under the left shoulder.
- 7 Wind forward left, right downward sweep and in front, the right end of the wand under the right shoulder (oblique position).
- 8 Wind forward right, left downward sweep and in front, as in Exercise 7.

Upward

- 9 Wind upward left, right downward sweep and in front over.
- 10 Wind upward right, left downward sweep and in front over.

LESSON 5.

Miscellaneous winds, such as one-half wind followed by long sweep or circle of the wand, and finish the wind after the circle, etc.

The few examples here offered will give the teacher a good idea of how manifold these exercises may be made. Both the under and the upper hold permit of good combinations in this line. In some exercises the hold must be changed (the hand slips around the end of the wand while in motion).

Sideways.

With underhold. Two motions and return.

I.

1 Wind sideways left.

2 Circle to the left (swing the wand in a circle to the left) right sideways, left in front (right arm is extended sideways).

3 } Return motions.
4 }

EXPLANATION.—After the plain wind sideways left, the left hand (firm hold) is drawn towards the body, and the right hand is raised in front of the body, permitting the hand to glide along the wand almost to the left hand; the wand continues the circular swing or sweep, and when it rises to the right the right hand glides along the wand until the arm is extended sideways at the height of the shoulders, the left hand in front with under hold.

II.

Contrarily the same.

With the upper-hold, the one-half wind, circle, and wind. Two motions and return.

III.

1 One-half wind left in front (middle of the chest), circle to the right and sideways right to position.

2 Wind sideways left, right in front.

3 } Return motions, but circle in the
4 } same direction.

EXPLANATION.—The left hand is raised and turned as explained in Lesson 4. The wand is now in a vertical position. Instead of winding out sideways, as commanded in that

lesson, the wand is swung by the right hand, which glides along it, in a circle to the right and to position sideways right, left hand in front. As the wand is raised to the latter position, the left hand slips around the end to the under hold. Wind sideways left and return, change the hold, and circle to down in front.

IV.

Contrarily the same.

With the under hold. Wind, circle, and wind.

around the end to under hold, wind backward left.

$\left. \begin{array}{l} 3 \\ 4 \end{array} \right\}$ Return motions.

V.

1 Wind sideways left.

2 Circle to the left and as the right hand (gliding) is raised sideways right, wind forward left, the right hand over in front, on the left shoulder.

$\left. \begin{array}{l} 3 \\ 4 \end{array} \right\}$ Return motions.

VIII.

Contrarily the same.

With under hold.

IX.

Downward.

1 Wind downward left.

2 Wind downward right (both arms extended downward).

X.

Contrarily the same.

XI.

1 Wind upward left.

2 Wind upward right (both arms extended).

XII.

Contrarily the same.

VII.

Forward.

1 Wind forward left (right over in front).

2 Return, and as the left hand slips

An almost endless variety of combinations in winds, with and without circles, may be arranged from the above.

PART V.

FIFTH COURSE.

In all preceding lessons the motions from one position to the other have been treated in the shortest way possible. The starting position has been down in front in all cases. The

following lessons contain all the different ways of changing from one position to another, as well as the starting position, carry at the shoulder (fundamental position). To illustrate the different modes of executing changes, the following lesson is prepared without any respect to arrangement for series, simply containing the positions mostly used, with their possible changes.

LESSON 1.

Starting position; down in front!

- | | |
|--|---|
| 1 From the position sideways left, right in front, the following changes are possible. | 2 Extend both arms upward, and bring the left hand in front, while the right hand goes on until the arm is extended sideways. |
| 2 Sideways right, left in front. | |

First: The nearest or shortest way over.

3 }
4 } Return motions.

EXPLANATION. — Draw or pull with the right hand and extend the arm sideways; as the right arm is straightened, the left arm must be bent in front.

3 }
4 } Return motions.

Second: With the forward sweep or curve around.

Fourth: With the downward sweep or curve around.

- 1 **EXPLANATION.** — Same as above.
- 2 Extend both arms downward, and bring the left hand in front, while the right goes on until the arm is extended sideways.

3 }
4 } Return motions.

- 1 **EXPLANATION.** — From the position sideways left, right in front.

- 2 Extend both arms forward, and bring the left hand in front, while the right hand goes on until the arm is extended sideways.

3 }
4 } Return motions.

Third: With the upward sweep or curve around.

Fifth: In the shortest way behind over.

- 1 **EXPLANATION.** — Same as above.
- 2 Raise the right hand overhead and draw or pull until the arm is extended at the height of the shoulder; the left hand may remain behind or may be brought in front.

3 }
4 } Return motions.

- 1 **EXPLANATION.** — Sideways left, right in front (same as in the first and second).

Sixth: With the backward sweep or curve around.

- 1 **EXPLANATION.** — Same as above.

- | | |
|--|--|
| 2 Raise the right hand overhead and extend both arms backward, right goes on to the right until the arm is extended at the height of the shoulder; the left hand may be left behind or brought in front.
3 }
4 } Return motions. | Seventh: With the downward sweep or curve around.
1 EXPLANATION. — Same as above.
2 Same as in the sixth, but extend the arms downward and swing to position; right hand may be left behind or may be brought in front. |
|--|--|

In commanding the above changes, the author has found the following to be concise and definite: —

“Over in front,” “around forward,” “around above,” “around below,” “over behind,” “around backward,” “around below behind.” If the terms “forward sweep, or curve,” “upward sweep,” “downward sweep,” etc., suit better, make use of them. The position sideways (horizontal), as given in these examples, permits of more changes to the reverse position than any other. There is another change, but it is used chiefly in combinations of series and combined with lunges, etc. It is the circle swing, in which the one hand glides along the wand to the other hand, as the desired position is attained in the winding lessons.

PART VI.

SIXTH COURSE.

Series of exercises of all courses in more difficult arrangements.

Starting position; fundamental position. The wand at the right shoulder (carry).

SERIES I.

NOTE. — The second movement may be upward as well as down in front; it is even more effective. In this series the down in front in the second count is adhered to until the eleventh part, in which and in the twelfth it is changed to the upward.

PART 1.

Starting position; carry at the right shoulder!**Down in front and in front.**

- | | |
|--|---|
| 1 Left hand grasps with the fingers behind at the upper end. | 6 Down in front. |
| 2 Down in front. | 7 To the left shoulder (right hand raises the wand); carry position. |
| 3 In front. | 8 Bring the right arm and the hand to the position at the right side. |
| 4 Down in front. | 9-16 Contrarily the same. |
| 5 In front. | |

PART 2.

Down in front and forward.

- | | |
|----------------------|--|
| 1 As above. | 7 To the left shoulder as above. |
| 2 As above. | 8 Right arm to position at the right side. |
| 3 Forward. | 9-16 Contrarily the same |
| 4 Down in front. | |
| 5 } Same as 3 and 4. | |
| 6 } | |

PART 3.

Down in front and upward.

- | | |
|---|--------------------------------------|
| 1 As above. | 5 } Same as 3 and 4. |
| 2 As above. | 6 } |
| 3 Upward (swing up forward with straight arms). | 7 To the left shoulder. |
| 4 Down in front. | 8 Right arm to position at the side. |
| | 9-16 Contrarily the same. |

PART 4.

Down in front and behind.

- | | |
|--|--------------------------------------|
| 1 As above. | 5 } Same as 3 and 4. |
| 2 As above. | 6 } |
| 3 Behind (bent arms), with the forward and upward sweep or curve to position on the shoulders. | 7 To the left shoulder. |
| 4 Down in front. | 8 Right arm to position at the side. |
| | 9-16 Contrarily the same. |

PART 5.

Down in front and down behind.

- | | |
|-----------------------------|---------------------------|
| 1 As above. | 5 } Same as 3 and 4. |
| 2 As above. | 6 } |
| 3 Down behind (full swing). | 7 To the left shoulder. |
| 4 Down in front. | 8 Right arm to position. |
| | 9-16 Contrarily the same. |

PART 6.

The same as Part 1, but with step position backward right in the third count, and return the foot to place in the fourth count, so at 5 and 6. At 11, 12, 13, and 14 the left foot steps.

PART 7.

The same as Part 2, with step position forward right and left as indicated in Part 6.

PART 8.

The same as Part 3, with step position sideways right and left.

PART 9.

The same as Part 4, with lunge forward right and left.

PART 10.

The same as Part 5, with lunge sideways right and left.

PART 11.

Upward and behind (slanting).

Fig. 56.

- 1 Left hand grasps with the fingers behind at the upper end.
- 2 Upward.
- 3 Behind and left downward (slanting) with lunge sideways right (Fig. 56).
- 4 Upward with recover (return to the fundamental position).
- 5 } Same as 3 and 4
- 6 }
- 7 To the left shoulder.
- 8 Right arm to position at the side.
- 9-16 Contrarily the same.

PART 12.

Upward and down sideways (vertically).

- 1 As above.
- 2 As above.
- 3 Left down sideways, and right over in front, with lunge obliquely forward right.

- | | |
|------------------------|--------------------------------------|
| 4 Upward with recover. | 7 To the left shoulder. |
| 5 } Same as 3 and 4. | 8 Right arm to position at the side. |
| 6 | 9-16 Contrarily the same. |

SERIES II.

PART 1.

In front and forward with step position, forward and bend the forward knee (knee of the supporting leg).

- | | |
|--|---|
| 1 Left hand grasps behind at the upper end. | 5 } Return to 3 and 2. |
| 2 Down in front. | 6 } |
| 3 In front with step position forward right (on the whole foot). | 7 } To the left shoulder (carry), and return right arm to position at the side. |
| 4 Forward with bent right knee. | 8 } |
| | 9-16 Contrarily the same. |

PART 2.

In front and sideways with step position, sideways and bend the knee sideways.

- | | |
|--|---|
| 1 } As above. | 5 } Return to 3 and 2. |
| 2 } | 6 } |
| 3 In front with step position, sideways right (on the whole foot). | 7 } To the left shoulder, and return right arm to position at the side. |
| 4 Sideways right with bent right knee. | 8 } |
| | 9-16 Contrarily the same. |

PART 3.

In front and upward with step position, backward and bend the rear knee.

- | | |
|---|---------------------------|
| 1 } As above. | 5 } Return to 3 and 2. |
| 2 } | 6 } |
| 3 In front with step position backward right (on the whole foot). | 7 } As above. |
| 4 Upward with bent right knee. | 8 } |
| | 9-16 Contrarily the same. |

PART 4.

In front and downward with step position, forward, turn trunk and bend trunk forward, with bent front knee.

- | | |
|--|---|
| 1 } As above. | and bent trunk forward (straight back). |
| 2 } | |
| 3 In front with step position, obliquely forward right and turn trunk right (one-eighth turn). | 5 } Return to 3 and 2. |
| 4 Downward with bent right knee | 6 } |
| | 7 } As above. |
| | 8 } |
| | 9-16 Contrarily the same. |

PART 5.

In front and upward with step position, obliquely backward; turn trunk, and bent trunk backward with bent rear knee.

- | | |
|--|--|
| 1 } As above. | 4 Upward with bent trunk backward and bent right knee. |
| 2 } | |
| 3 In front with step position, obliquely backward right, with turn trunk, one-eighth left. | 5 } Return to 3 and 2. |
| | 6 } |
| | 7 } As above. |
| | 8 } |
| | 9-16 Contrarily the same. |

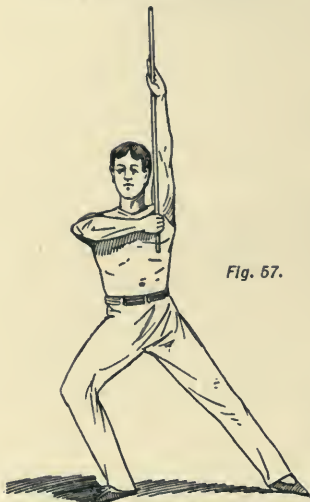


Fig. 57.

PART 6.

Upward and to vertical position, upward with cross step position, forward and lunge sideways.

- | |
|---|
| 1 } As above. |
| 2 } |
| 3 Upward (horizontal position) with cross step position, forward right. |
| 4 Right in front over (in front of the left shoulder), left remains up (vertical), with lunge sideways right (Fig. 57). |
| 5 } Return to 3 and 2. |
| 6 } |
| 7 } As above. |
| 8 } |
| 9-16 Contrarily the same. |

PART 7.

Upward and downward to vertical position, with step position sideways, and bent knee with bent trunk sideways.

- | | |
|---|---------------------------|
| 1 } As above. | 5 } Return to 3 and 2. |
| 2 } | 6 } |
| 3 Upward with step position sideways right. | 7 } As above. |
| 4 Downward right (end on the floor) with bent trunk sideways right and right knee bent. | 8 } |
| | 9-16 Contrarily the same. |

PART 8.

Upward, and upward to vertical position, and reverse with lunge sideways and lunge reverse.

- | | |
|-------------------------------------|---|
| 1 } As above. | 4 Right in front over (in front of the left shoulder), vertical position with lunge reverse (straighten |
| 2 } | |
| 3 Upward with lunge sideways right. | |

- the bent knee and bend the other).
- | | | | |
|---|---|------|--|
| 5 | Around below (downward curve or sweep and left upward), right in front over with lunge reverse (original lunge position). | 6 | Down in front with recover (fundamental position). |
| | | 7 | } As above. |
| | | 8 | |
| | | 9-16 | Contrarily the same. |

PART 9.

In front and upward. Down sideways with stride sideways, and bend knee and trunk sideways.

- | | | | |
|---|---|---|---|
| 1 | As above. | 5 | Around above (upward sweep or curve), with lunge reverse and bend reverse, and downward sideways left (on the floor). |
| 2 | In front with jump or hop to stride position sideways (both feet sideways about 36 inches apart). | 6 | Upward (horizontally) with straightened trunk and knee. |
| 3 | Upward. | 7 | To the left shoulder with a jump to the fundamental position. |
| 4 | Down sideways right (on the floor), with bent right knee and bent trunk sideways right. | 8 | Right arm to position at the side. |

PART 10.

- | | | | |
|---|--|------|--|
| 1 | As above. | | on the feet (one-quarter turn). See note below. |
| 2 | Down in front. | 5 | Return wind and cross the arms again, but right under left with lunge reverse. |
| 3 | Right in front over and left in front over (cross the right arm over left), with a lunge sideways right. | 6 | Down in front with recover. |
| 4 | Wind right (upper hold) over to the left side with lunge reverse, and turn trunk left and turn left | 7 | } To the left shoulder and return right arm to position at the side. |
| | | 8 | |
| | | 9-16 | Contrarily the same. |

NOTE. — The wind here is actually a wind forward right, as the one-quarter turn on the feet makes it so. The position attained with 4 is right forward, left under right shoulder, facing left and left knee bent.

SERIES III.

Starting position; carry at the right shoulder.

Preliminary 1.

- | | | | |
|---|---|---|---|
| | A | 3 | Raise with the right hand to the left shoulder. |
| 1 | Grasp with the left hand at the upper end (the fingers behind). | 4 | Right hand and arm to position. |
| 2 | Down in front (upper hold). | | |

B

5-8 Return motions.

11 Raise the right hand to the left shoulder.

12 Right hand and arm to position at the side.

C

9 Grasp with the left hand at the upper end (the fingers in front).

D.

10 Down in front (under hold).

13-16. Return motions.

Preliminary 2.

Same as A, B, C, and D, in Preliminary 1, with one-quarter turn (face) left in the second count, and one-quarter turn right on the

seventh count; one-quarter turn right in the tenth count, and one-quarter turn left in the fifteenth count.

PART 1.**In front and behind, with bent trunk forward and backward.****A**

1 Grasp with the left hand at the upper end (the fingers behind).

2 Down in front.

3 In front with bent trunk backward.

4 Behind (upward curve) with bent trunk forward.

5 As 3.

6 Down in front with straightened trunk.

7 } To the left shoulder and return the
8 } right arm to position at the side.

9-16 Contrarily the same.

B

The same as A, with one-quarter turns (facing) as explained in Preliminary 2.

PART 2.**Forward and on the hips with step backward; bent knees.****A**

1 As in Part 1.

2 Left forward, right on the hip (right), with step backward right.

3 Right forward, left on the left hip, with step backward left.

4 Forward (both extended), with step forward left.

5 Down in front with step up right (right foot to place).

6 Upward (horizontally) with bent knee (low).

7 To the left shoulder with straightened knees.

8 Right arm to position at the side.

9-16 Contrarily the same.

B

Same as A, with facing as in the first part.

PART 3.**Forward and upward, with raise the leg and step backward.****A**

1 As above.

2 In front.

3 Forward with raise right leg forward.

4 In front with step backward right.

5 Upward with raise right leg backward. 9-16 Contrarily the same.

6 In front and right foot to place.

B

7 } To the left shoulder and right arm to position at the side. Same as A, with facings.
8 }

PART 4.

Obliquely upward, with trunk bent forward, with raised leg backward, trunk bent backward, and swing the leg forward.

A

1 As in the first part.

2 As in the first part.

3 Obliquely upward (forward), with raise right leg backward, with trunk bent forward (Fig. 58).

4 Down in front with trunk bent backward and swing right leg forward.

5 Same as 3.

6 Down in front and right foot to place.

7 } As in the first part.
8 }

9-16 Contrarily the same.

B

The same as A, with facings.



Fig. 58.

PART 5.

Upward (vertically) and downward and sideways, with bent knees, with step position sideways (other foot); raise the leg sideways, straighten the bent knee and lunge, and lunge reverse.

A

1 As in the first part.

2 Right upward, left in front over with step position, sideways left, with the right knee bent.

3 Around below (down curve), and the left upward, right in front over, with straightened right knee and raise the left leg sideways.

- | | | |
|---|---|---|
| 4 | Around forward (forward sweep or curve) and sideways right, left in front with lunge sideways left. | front over with the left foot to place. |
| 5 | Around forward and sideways left, with lunge reverse. | 7 } Right arm to position at the side. |
| | | 8 } |
| 6 | Around upward (upward sweep) and downward right, left in | 9-16 Contrarily the same. |
| | | B |
| | | The same as A, with facings. |

PART 6.

Sideways in front and behind, with step position sideways; cross step position and lunge, and cross lunge.

- | | | | |
|----------|---|---|--|
| A | 5 | Same as 3, with cross lunge backward right. | |
| 1 | As in the first part. | 6 | Down in front with recover from the lunge. |
| 2 | Sideways right, left in front over, with step position sideways right. | 7 | To the left shoulder, and right |
| 3 | Left over behind and sideways left, with cross step position forward right. | 8 | arm to position at the side. |
| | | 9-16 | Contrarily the same. |
| 4 | Right over in front and sideways right, left in front over with lunge sideways right. | B | |
| | | | The same as A, with facings. |

PART 7.

Downward and upward with lunge sideways, lunge reverse, and turn trunk.

- | | |
|----------|--|
| A | the head, and is brought in front of the left shoulder, hand slips around with lunge reverse and turn trunk left). |
| 1 | As in the first part. |
| 2 | Left downward, right in front over. |
| 3 | Right upward, left in front over with lunge sideways left. |
| 4 | Right behind over (the hand slips around to under hold, and the wand is brought behind the left shoulder), the left upward with lunge reverse, and turn trunk right. See note. |
| 5 | Left upward (remains), right in front over (right circles around |
| | 6 Around below (down sweep) and right upward, left in front over with recover. |
| | 7 } To the left shoulder, and right |
| | 8 } arm to position at the side. |
| | 9-16 Contrarily the same. |
| | B |
| | Same as A, with facings. |

NOTE. — The end of the wand is behind the shoulder; the hand is on the shoulder, the arm behind. It is easier to change the hold in the foregoing count, that is, at 3. In returning, the hand slips back again to the under hold.

PART 8.

In front over with both (crossed arms, the hands glide), with bent knees (low).

A

- 1 } As in the first part.
- 2 }
- 3 In front over with both (cross arms, right over the left), with bent knees (low) (Fig. 59).
- 4 Reverse 3 with straightened knees.
- 5 Reverse with bent knees very low.

- 6 Reverse 5 with straightened knees.
- 7 } To the left shoulder and right
- 8 } arm to position at the side.
- 9-16 Contrarily the same.

B

Same as A, with facings.



Fig. 59.



Fig. 60.

PART 9.

On the hip, circle and downward with bent knees, with step position, cross backward and obliquely lunge, and cross lunge forward.

A

- 1 As in the first part.
- 2 On the right hip, left forward, right backward with cross step position, backward right with left knee bent (Fig. 60).
- 3 Circle forward to right obliquely downward, left in front over (under right shoulder), with lunge obliquely forward right.
- 4 Circle backward to position as 2,

with cross step backward right, with the left knee bent.

- 5 Same as 3, but cross lunge forward right.
- 6 Same as 4.
- 7 To the left shoulder with recover.
- 8 Right arm to position at the side.
- 9-16 Contrarily the same.

B

Same as A, with facings.

PART 10.

Wind forward and upward, after winding with bent knees and bent trunk backward.

- | | |
|---|---|
| 1 Grasp with the left hand at the upper end (fingers in front). | 6 Forward with return wind left and straightened trunk. |
| 2 Down in front (under hold). | 7 Downward left to shoulder, with return wind right. |
| 3 Wind forward right with bent knees (low). | 8 Right arm to position at the side. |
| 4 Wind forward left (right remains) with straightened knees. | 9-16 Contrarily the same. |
| 5 Bent trunk backward and raise wand upward. | |

B

The same as A, with facings.

PART 11.

Wind and wind reverse with stride, bent knee, and bent knee reverse.

A

- | | |
|--|--|
| 1 Same as 1 in Part 10. | 5 Same as 3. |
| 2 Wind sideways right, left in front with stride sideways. | 6 Wind reverse sideways to the right, and recover to fundamental position. |
| 3 Wind reverse sideways to the left with bent left knee. | 7 Return wind right to the left shoulder, left downward. |
| 4 Wind reverse sideways to the right with bent knee reverse. | 8 Right arm to position at the side. |
| | 9-16 Contrarily the same. |

B

The same as A, with facings.

PART 12.

Wind and wind reverse to different directions with lunge reverse and bent trunk.

A

- | |
|--|
| 1 Same as 1 in Part 11. |
| 2 Upward (horizontally, under hold). |
| 3 Wind sideways right, left in front with lunge sideways right. |
| 4 Wind reverse downward left, right behind (slanting position) with lunge reverse. |
| 5 Wind reverse upward right, left in front over with lunge reverse and bent trunk sideways left (Fig. 61). |



Fig. 61.

- 6 Return wind and upward (both) 9-16 Contrarily the same.
(horizontal position) with re-
cover. **B**
- 7 } To the left shoulder and right arm Same as **A**, with facings.
8 } to position at the side.

By taking the second position upward instead of "down in front," the exercises of the several series here given will increase in value.

EXERCISES WITH CLUBS

BY FERD. W. FROEHLICH

Arranged in three grades of four lessons each.

Weight of clubs: 1 to 2 pounds.

Armcircle, a; forearmcircle, b; handcircle, c (Fig. 62).

Armcircle sideways right (left), or outward (a) (Fig. 63); also inward (b).

Armcircle forward right (left), also backward (Fig. 64).

ABBREVIATIONS.

AC. Armcircle.	DHC. Double handcircle.
FAC. Forearmcircle.	A double circle means that both
HC. Handcircle.	arms execute an AC , FAC , or an HC
DAC. Double armcircle.	simultaneously.
DFAC. Double forearmcircle.	

GRADE I.

LESSON 1.

Raise the clubs to position (the arms bent to an acute angle, the hands width of shoulders apart) (Fig. 65); Raise!

- | | |
|---|--|
| <p>1 AC right sideways (or outward), and return to the starting position in two counts. Begin! 1-2, 1- Halt!</p> <p>EXPLANATION. — Extend the arm upward, describe one complete circle without twisting the trunk, before bending the arm to the starting position.</p> <p>2 The same left.</p> <p>3 AC right sideways left (or inward) in 2 counts.</p> | <p>4 The same left.</p> <p>5 AC right forward.</p> <p>6 The same left.</p> <p>7 AC right backward.</p> <p>8 The same left.</p> <p>9 AC right sideways right three times and return to the starting position in four counts. Begin! 1, 2, 3, 4; 1, 2, 3, Halt!</p> <p>10 Execute Exercise 2 as in Exercise 9.</p> <p>11 Execute Exercise 3 as in Exercise 9.</p> |
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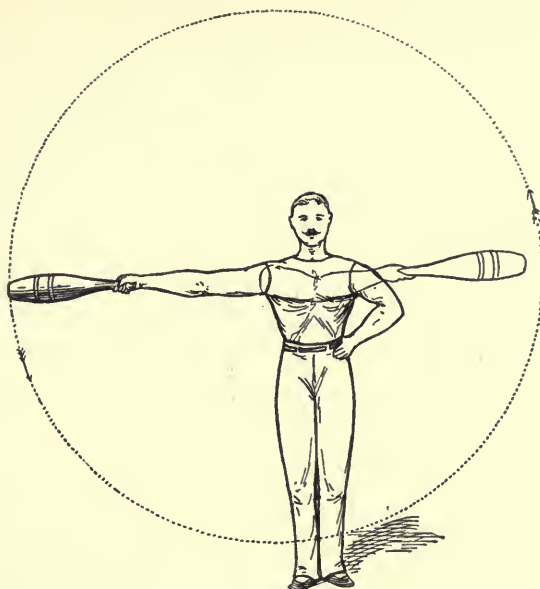


Fig. 62 a.

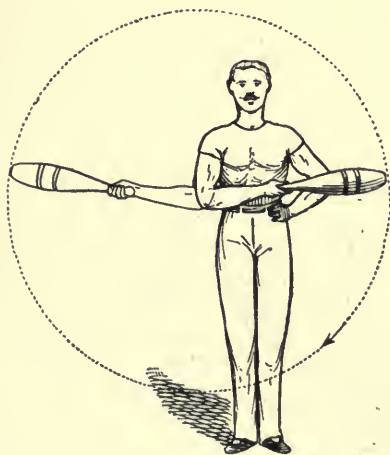
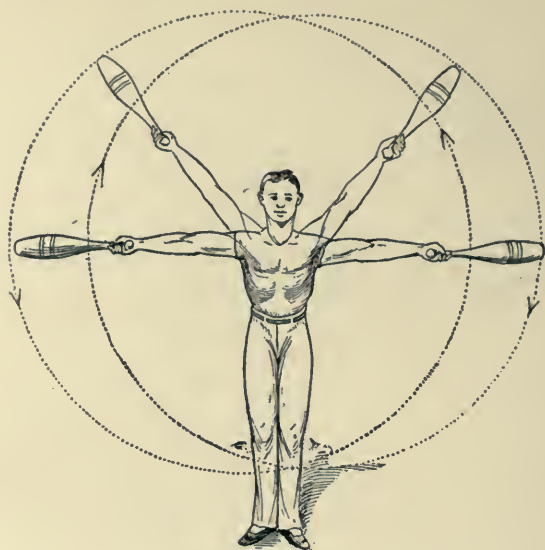
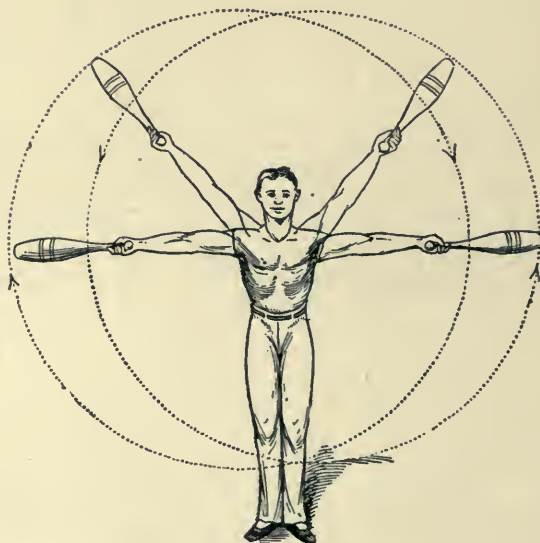


Fig. 62 b.



Fig. 62 c.

*Fig. 63 a.**Fig. 63 b.*

- | | |
|---|---|
| 12 Execute Exercise 4 as in Exercise 9. | 14 Execute Exercise 6 as in Exercise 9. |
| 13 Execute Exercise 5 as in Exercise 9. | 15 Execute Exercise 7 as in Exercise 9. |
| | 16 Execute Exercise 8 as in Exercise 9. |



Fig. 64.



Fig. 65.

LESSON 2.

Clubs to position; Raise!

- | | |
|---|--|
| 1 Exercises 1 and 2 of Lesson 1 alternately in 4 counts. | 7 DAC sideways right in 2 counts. |
| 2 Exercises 3 and 4 of Lesson 1 alternately in 4 counts. | 8 The same left. |
| 3 Exercises 5 and 6 of Lesson 1 alternately in 4 counts. | 9 DAC right sideways right and left sideways left (or outward) in 2 counts. |
| 4 Exercises 7 and 8 of Lesson 1 alternately in 4 counts. | 10 DAC right sideways left and left sideways right (or inward) in 2 counts. |
| 5 Exercises 1 and 4, 2 and 3, 5 and 8, and 6 and 7 of Lesson 1 alternately in 4 counts. | 11 AC right forward and left backward simultaneously in 2 counts. |
| 6 Exercises 9 to 16 of Lesson 1 alternately in 8 counts. | 12 AC left forward and right backward simultaneously in 2 counts. |

LESSON 3.

Clubs to position; Raise!

- | | |
|--|--|
| 1 DAC sideways right three times and return to position in 4 counts. | backward; alternately in 4 counts. |
| 2 The same left. | 10 Exercises 1 and 2 alternately in 8 counts. |
| 3 DAC outward three times and return to position in four counts. | 11 Exercises 3 and 4 alternately in 8 counts. |
| 4 DAC inward three times and return to position in four counts. | 12 Exercises 5 and 6 alternately in 8 counts. |
| 5 AC right forward and left backward three times and return to position in 4 counts. | 13 DFAC sideways right in 2 counts. |
| 6 AC left forward and right backward three times and return to position in 4 counts. | EXPLANATION. — The centre of the circle lies at the elbows; keep the upper arms close to the body. |
| 7 DAC sideways right and left alternately in 4 counts. | 14 Same sideways left. |
| 8 DAC outward and inward alternately in 4 counts. | 15 Same sideways outward. |
| 9 AC right forward and left backward; left forward and right | 16 Same sideways inward. |
| | 17 Exercises 13, 14, 15, and 16, three times and return to position, as in the above exercises; also alternately in 8 counts, or alternating with DAC. |

LESSON 4.

Clubs to position; Raise!

- | | |
|--|---|
| 1 AC right sideways right, or outward and step position right sideways, in 2 counts. | 8, but AC three times and return to position; the step position at 1, and close heels at 3 in 4 counts. |
| EXPLANATION. — Place the foot sideways at 1, close the heels at 2. | 10 DAC right and step position sideways right, bending the left knee, in 2 counts (Fig. 66). |
| 2 The same left. | 11 The same left. |
| 3 AC right sideways left, or inward and step position backward right, in 2 counts. | 12 DAC outward and step position right backward, bending the left knee, in 2 counts. |
| 4 The same left. | 13 DAC inward and step position left backward, bending the right knee, in 2 counts. |
| 5 AC right forward and step position right forward in 2 counts. | 14 Exercises 1 and 2, 3 and 4, 7 and 8, 10 and 11, 12 and 13, alternately in 4 counts. |
| 6 The same left. | |
| 7 AC right backward and step position right backward in 2 counts. | |
| 8 The same left. | |
| 9 Exercises 1, 2, 3, 4, 5, 6, 7, and | |

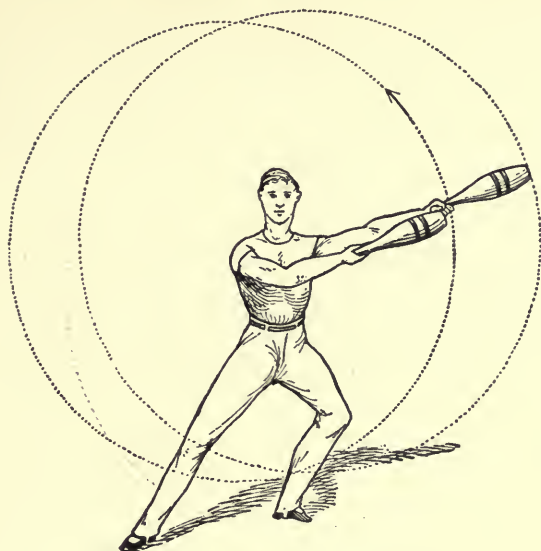


Fig. 66.

GRADE II.

Clubs to position; Raise!

LESSON 1.

- 1 **DAC** sideways right three times, and step position sideways right, bending the left knee, in 4 counts.

EXPLANATION. — Step position at 1, close the heels at 3.

- 2 The same left.

- 3 **DAC** outward three times, and step position right backward, bending the left knee, in 4 counts.

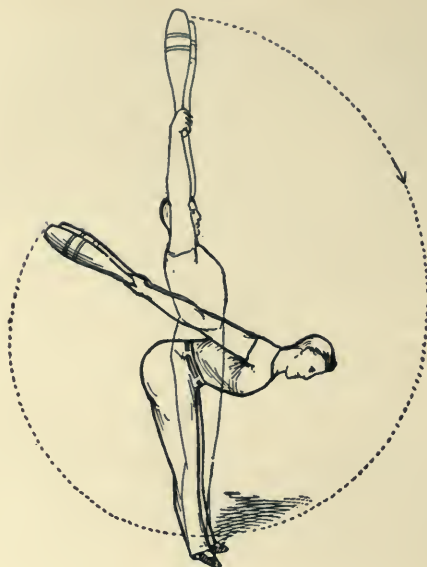
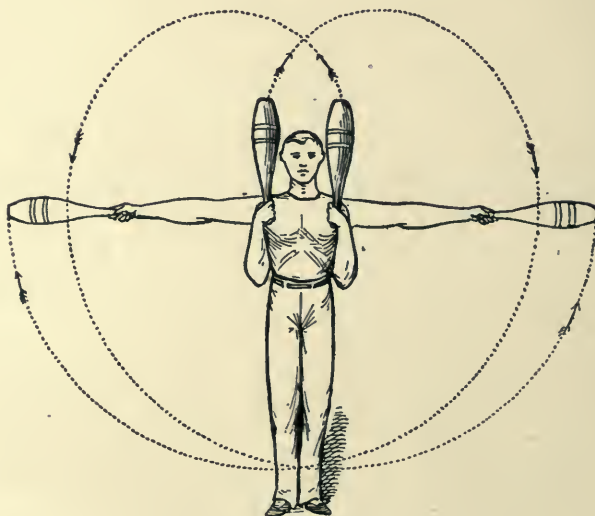
- 4 **DAC** inward three times, and step position left backward, bending the right knee, in 4 counts.

- 5 Three-quarter **DAC** forward, reverse to starting position, in 3 counts.

EXPLANATION. — Extend the arms upward, and swing them forward, downward, and backward, keeping the hands width of shoulders apart, the arms on a level, or nearly so, with the shoulders at 1; reverse to upward position at 2; bend the arms to the starting position at 3.

- 6 Exercise 5, with bending the trunk forward to a right angle at 1, straighten the trunk at 2 (Fig. 67).

- 7 Three-quarters **DAC** sideways right, twist the trunk to the left, reverse to starting position, in 3

*Fig. 67.**Fig. 68.*

counts. Also, without twisting the trunk, right arm bent to a right angle.

EXPLANATION. — Start off to the right at 1; after the clubs have passed body in front, twist the trunk to the left, the arms in the forward position (the clubs

and arms in one line) at 2, swing downward, twist the trunk forward, and return to the starting position.

8 The same left.

9 Three-quarters **DAC** inward, reverse to the starting position, in 3 counts (Fig. 68).

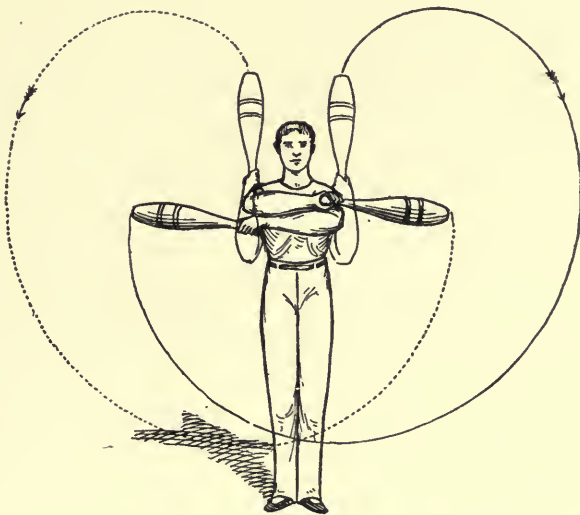


Fig. 69.

10 Three-quarters **DAC** outward, reverse to the starting position in 3 counts (Fig. 69).

EXPLANATION. — The arms bent at the elbows to a right angle, on a level with the shoulders, the right hand over the left elbow, the left hand under the right elbow, the clubs and forearms in one line.

11 Exercises 7 and 8, and while the arms are in the forward position at the left side at 2, execute a half **DHC** upward, lowering

the clubs on the forearms (striking them), reverse to the starting position, in 4 counts (Fig. 70).

12 The same left.

13 Exercise 9, and while the arms are in a sideways position at 2, execute a half **DHC** upward, as in Exercise 11; reverse to position; in four counts.

14 Execute Exercise 10 similarly.

15 Three-quarters **DAC** forward; reverse to the forward position and one-half **DHC** upward, as

in Exercise 11; at 4 bend the arms to the starting position; in 4 counts. The same with bending the trunk forward, as in Exercise 6.

- 16 Three-quarters **DAC** forward; reverse three-quarters and bend the arms, dropping the clubs in the rear of shoulders, holding the elbows sideways high; at 4

(Fig. 71) return to the starting position; in 4 counts. The same with bending the trunk forward, as in Exercise 6.

- 17 Exercise 16, but at 3 bend the trunk backward or bend the knees.
18 Execute Exercises 15, 16, and 17 several times before returning to the starting position.



Fig. 70.



Fig. 71.

LESSON 2.

- 1 Three-quarters **DAC** right; twist the trunk left; outer **DHC** forward, and three-quarters **DAC** left, back to the starting position, in 4 counts.

EXPLANATION.—While the arms are in the forward position, and the trunk twisted left, the clubs describe a **DHC** downward for-

ward in a vertical plane on the outer side of the hands (which should be width of shoulders apart).

- 2 The same opposite.
3 Three-quarters **DAC** inward; **DHC** outward in the rear; three-quarters **DAC** outward to the starting position.

EXPLANATION.—The arms extended sideways, the clubs describe **DHC** outward in the rear of the arms (Fig. 72).

- 4 Exercise 1, but inner **DHC** forward. The same opposite; also right outer and left inner **HC**.
- 5 Exercise 3, but **DHC** outward in front.
- 6 Exercise 1, but **DHC** backward. The same opposite.

7 Exercise 3, but **DHC** inward in the rear. The same **DHC** inward in front.

8 Exercise 4, but **DHC** backward. Same opposite.

9 Three-quarters **DAC** forward, reverse to forward position; outer **DHC** forward at three, then only one-half **DAC** forward, and proceed as before, in 3 counts.

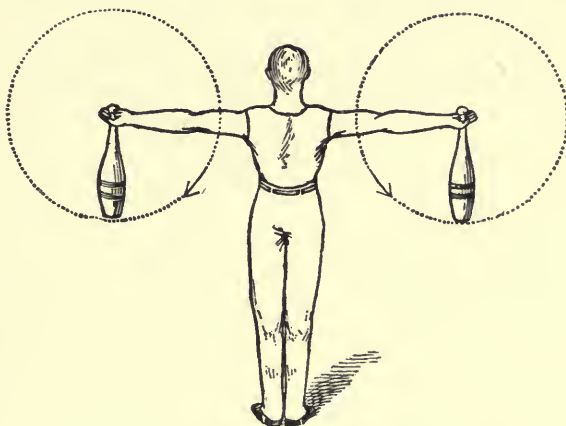


Fig. 72.

EXPLANATION.—This exercise should be done several times, that is, continued before returning to position.

- 10 Exercise 9, but **DHC** backward.
- 11 Exercise 9, but inner **DHC** forward.
- 12 Exercise 9, but inner **DHC** backward.
- 13 Three-quarters **DAC** forward at 1; reverse to forward position at 2, one-half **DHC** backward, lowering the clubs on the forearms at 3; outer one and one-half **DHC** forward downward at 4; then

repeat several times before returning to position, in 4 counts.

- 14 Exercise 13, but inner one and one-half **DHC** forward.
- 15 Exercises 13 and 14, but bend the trunk forward at 1, straighten at 2.
- 16 Exercise 16 of Lesson 1 of this grade; but instead of returning to position at 4, execute an outer **DHC**, forward arms bent; repeat in 4 counts.
- 17 Exercise 16 of this Lesson, but at 3 bend the trunk backward, or bend the knees at 3.

LESSON 3.

- 1 Exercise 1 of Lesson 2 of this Grade, but at 1 lunge left sideways; at 3 close the heels.
- 2 Same opposite.
- 3 Exercise 3 of Lesson 2; but at 1 lunge left backward.
- 4 Exercises 4, 5, 6, 7, and 8 of Lesson 2 can be done similarly to Exercises 1, 2, and 3 of this lesson.
- 5 Exercise 13 of Lesson 2; but at 1 lunge left forward, at 3 close the heels. Same right.
- 6 Exercise 15; but at 1 lunge left forward, at 3 close the heels. Same right.
- 7 Exercise 1 of this Lesson; at 2 kneel right, at the same time turn



Fig. 73.

feet left, so that the body has executed a quarter turn left. At 3 straighten the right knee; at 4 close the heels and face front (Fig. 73).

- 8 The same opposite.
- 9 Exercise 3 of this Lesson; but at 1 step left forward, at 2 kneel right; at 3 straighten the right knee; at 4 close the heels. Same right.
- 10 Exercises 4, 5, 6, 7, and 8 can be done similarly to Exercises 7, 8, and 9 of this Lesson.
- 11 Three-quarters **DAC** right, one and three-quarters **DAC** left to the starting position, in 4 counts.
- 12 Same opposite.
- 13 Three-quarters **DAC** outward, one and three-quarters **DAC** inward to starting position, in 4 counts.
- 14 Three-quarters **DAC** inward, one and three-quarters **DAC** outward to starting position, in 4 counts.
- 15 Exercise 11, with a lunge left sideways at 1; close the heels at 3. Same opposite.
- 16 Exercise 13, with lunge left backward or right.
- 17 Exercise 14, with a lunge left backward or right.

LESSON 4.

- 1 **AC** right sideways right (or outward); **HC** sideways right (or outward) in rear of the right shoulder, alternately (Fig. 74) in 2 counts continued, the arm bent during **HC**.
- 2 The same left.
- 3 **AC** right forward; outer **HC** forward alternately in 2 counts, the arm bent during **HC**.
- 4 The same left.
- 5 **AC** right sideways left (or inward); **HC** sideways left or inward in rear of right shoulder alternately, the arm bent during **HC**.
- 6 The same left. Exercises 1, 2, 3, 4, 5, 6, as continued movements, or return to starting position at 3.
- 7 Exercises 1 and 2 alternately in 6 counts.

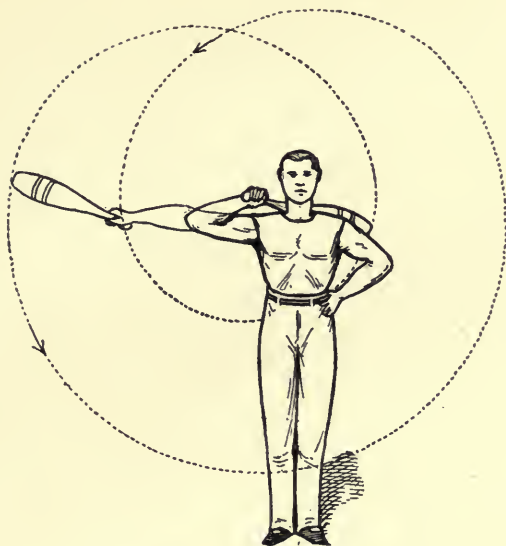


Fig. 74.

EXPLANATION. — Return to position after each **HC**.

- 8 Exercises 3 and 4 alternately in 4 counts.
- 9 Exercises 5 and 6 alternately in 6 counts.
- 10 Exercises 1 and 6 alternately in 6 counts. Same opposite.
- 11 **AC** right outward; **HC** right outward in the rear of the right shoulder; **AC** right outward and return to position, in 4 counts.
- 12 Same as 11 with left outward; right inward; left inward, right forward; left forward.
- 13 Combine the Exercises 11 and 12 alternately in 8 counts.
- 14 Five-quarters **DAC** sideways right; twist the trunk right, outer **DHC** forward alternately, in 2 counts.

EXPLANATION. — Twist the trunk during the fifth quarter of the **DAC**.

Repeat several times before returning to position.

After the first **DHC**, the **DAC** is only four quarters.

- 15 The same left.
- 16 Exercise 14, but inner **DHC** forward.
- 17 The same left.
- 18 Three quarters **DAC** sideways right, twist the trunk left; outer **DHC** upward (or backward); twist the trunk forward; alternately in 2 counts. Repeat.

EXPLANATION. — After the **DHC** the **DAC** is four quarters.

- 19 The same opposite.

GRADE III.

LESSON 1.

- 1 **DAC** sideways right; **DHC** sideways right in rear of the shoulders; alternately in 4 counts. Continued (without returning to position each time).
 - 2 The same left.
 - 3 **DAC** outward; **DHC** outward in rear of the shoulders; alternately in 4 counts.
 - 4 **DAC** inward; **DHC** inward in rear of the shoulders; alternately in 4 counts.
 - 5 **DAC** sideways right; **DHC** sideways right in the rear of the shoulders; **DAC** sideways right and return to position; same left; alternately in 8 counts.
 - 6 **DAC** outward; **DHC** outward in the rear of the shoulders; **DAC** outward and return to position; same inward; alternately in 8 counts.
 - 7 One-half **DAC** sideways right, **DHC** sideways right in front the arms extended downward; one half **DAC** sideways right; continued alternately in 2 counts, the arms extended (Fig. 75).
 - 8 The same opposite.
 - 9 The same outward.
 - 10 The same inward.
 - 11 **AC** right outward; **HC** right outward in the rear, the arm extended downward; continued alternately in 2 counts.
- EXPLANATION.** — While executing the **HC**, bend the wrist and elbow slightly, allowing the hand to touch the body, and move it forward over the hip (Fig. 76).
- 12 The same left. Also with the arms upward.
 - 13 Exercise 11 inward.
- EXPLANATION.** — While doing the **HC**, the back of the hand against the body, moving it backward.
- 14 The same left.
 - 15 **DAC** sideways right; **DHC** sideways right in rear, the arms downward. Continued alternately in 2 counts.
 - 16 The same left.
 - 17 The same outward.
 - 18 The same inward.
 - 19 **DAC** sideways right; **DHC** sideways right in front of the shoulders, the arms bent. Continued alternately in 2 counts.
- EXPLANATION.** — While doing the **HC**, the knob of the club should be between the first and second fingers and thumb.

LESSON 2.

- 1 **DAC** sideways right; **DHC** sideways right in rear, left over (the left arm bent, the hand over the right shoulder, the arm in front of the face) (Fig. 77). Continued alternately in 2 counts.
- 2 The same left.
- 3 **DAC** sideways right; **DHC** sideways right in the rear, the left under (the right in the rear of the right shoulder, the left hand under the right arm). Continue alternately in 2 counts.
- 4 The same left.

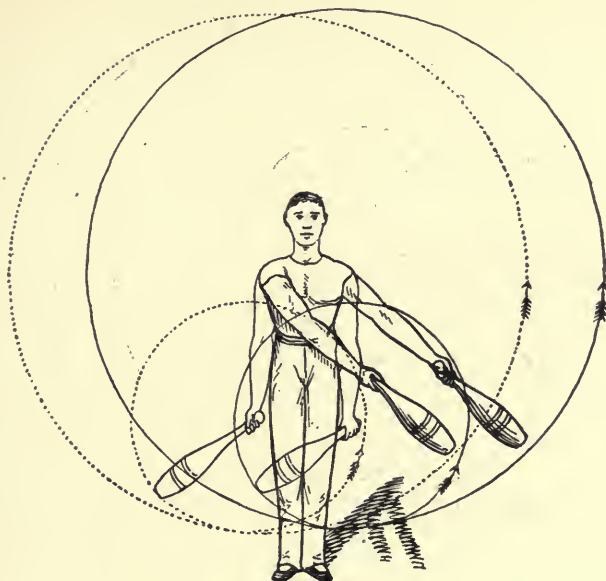


Fig. 75.

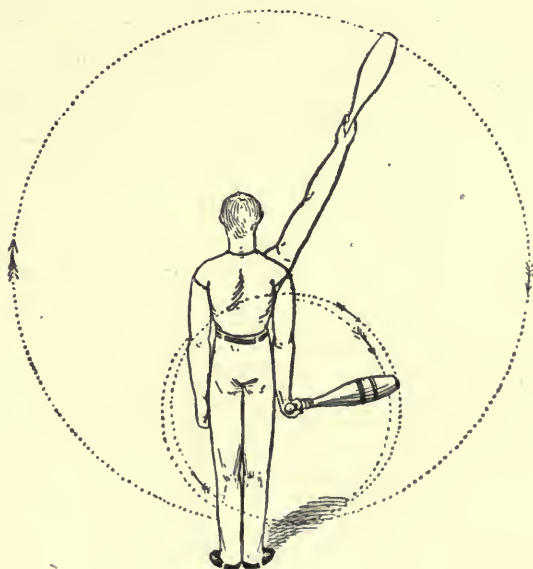


Fig. 76.

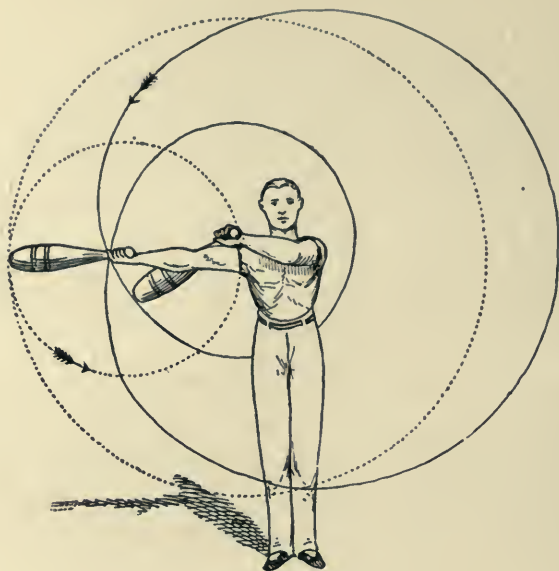


Fig. 77.

- 5 **DAC** sideways right; **DHC** sideways right in the rear of the shoulders at 2; **DHC** sideways right as in Exercise 1 at 3. Continue in 3 counts.
- 6 The same left.
- 7 Exercise 5, but at 2 swing the third movement, and at 3 the **DHC** of the third Exercise. Continue in 3 counts.
- 8 The same left.
- 9 Exercise 5, and at 4 **DHC** of Exercise 3. Continue in 4 counts.
- 10 The same left.
- 11 **DAC** sideways right at 1; **DHC** sideways right in rear of the shoulders at 2; twist the trunk right and outer **DHC** forward at 3. Continue in 3 counts.
- 12 The same left.
- 13 Exercise 11, at 4 add the inner **DHC** forward.
- 14 The same left.
- 15 **DAC** outward at 1; **DHC** outward in the rear of the shoulders at 2; extend the arms sideways, and **DHC** outward in front at 3; bend arms and **DHC** outward in the rear of the shoulder at 4.
- 16 The same inward, without extending the arms for the second **DHC**.
- 17 Most of the **DHC** of Exercises 1-14 can also be done backward at the opposite side, then twist the trunk forward and **DHC** in the rear of the shoulders.

The overswings in this lesson can be learned easily by exercising with one arm at a time.

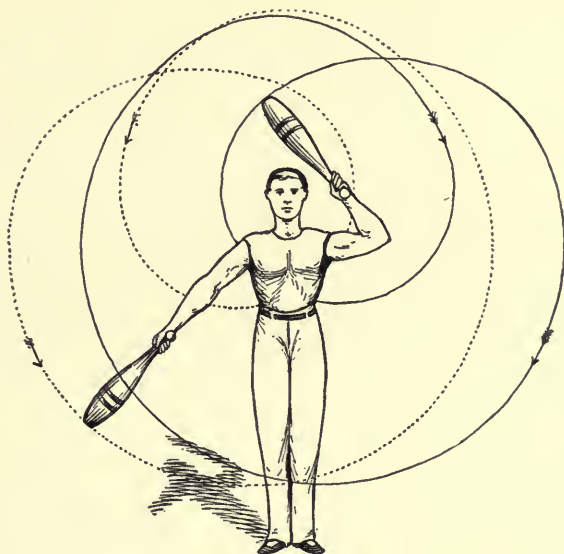


Fig. 78.

LESSON 3.

- 1 **HC** right outward in the rear of the right shoulder at 1; **AC** outward at 2.
AC left outward at 1; **HC** left outward in the rear of the shoulder at 2, both movements simultaneously continued (Fig. 78).
- 2 **HC** right inward in the rear of the right shoulder at 1; **AC** inward at 2.
AC left inward at 1; **HC** left inward in the rear of the left shoulder at 2, simultaneously continued.
- 3 **HC** right outward in the rear of the right shoulder at 1; **AC** outward at 2.
AC left inward, or to the right at 1; **HC** left inward in the rear at 2 simultaneously.
- 4 The same as 3 left.
- 5 **HC** right forward at 1; **AC** forward at 2.
AC left forward at 1; **HC** left forward at 2 simultaneously (Fig. 79). Same backward.
- 6 **DAC** sideways right; **DHC** sideways right in the rear of the shoulders; three-quarters **DAC** sideways right and double horizontal **HC** sideways right. Continue in 4 counts.

EXPLANATION. — Both arms raised sideways left (the left arm extended, the right arm bent to a

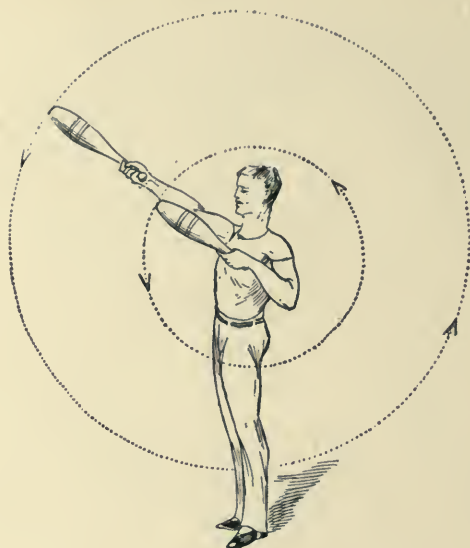


Fig. 79.

right angle), both clubs describe a **HC** to the right in a horizontal plane over the hands, at the same time both arms move sideways right, the elbows bent slightly.

7 The same opposite.

8 The same outward.

9 The same inward.

Exercises 6, 7, 8, and 9 should be taken with one arm at a time, until the exercise has been thoroughly learned.

10 Three-quarters **DAC** sideways right; then reverse one and three-quarters **DAC** left; **DHC** sideways left in the rear of the shoulders, then the same to the opposite side. Continued alternately in 8 counts.

11 Three-quarters **DAC** outward; then reverse one and three-quarters **DAC** inward; **DHC** inward in the rear of the shoulders, then the same inward. Continued alternately in 8 counts.

12 Three-quarters **DAC** outward; then reverse one and three-quarters **DAC** inward; **DHC** inward in the rear of the shoulders; three-quarters **DAC** inward; one and three-quarters **DAC** outward; **DHC** outward in the rear of the shoulders. Continued alternately in 8 counts.

13 Exercises 10 and 11 can also be done with a double horizontal **HC** instead of **DHC** in the rear of the shoulders, as in the Exercises 6, 7, 8, and 9.

- 14 Exercise 6, with a lunge right sideways at 1, close the heels at 3. Same opposite.
 - 15 Exercise 8 and 9 with a lunge left or right backward.
 - 16 Exercise 10, with a lunge left sideways at 1, close the heels at 3, lunge right sideways at 5, close the heels at 7.
 - 17 Exercise 11, with a lunge right backward at 1, close the heels at 3, lunge left backward at 5, close the heel at 7.
 - 18 Lunge sideways right, straighten the right arm sideways obliquely upward, **AC** left inward and **HC** inward in the rear of the left shoulder at 1 and 2, at 3 close the heels and **DAC** sideways right to starting position or continue in 2 counts.
 - 19 The same left.
 - 20 **DAC** sideways right, **DHC** sideways right in the rear of the shoulders and one step sideways right at 1 and 2; **DAC** sideways right, and return to position and one step sideways right at 3 and 4.
 - 21 Same left.
- Many other exercises can be done while marching forward, sideways, and backward.

LESSON 4.

- 1 **AC** left inward; follow immediately with **AC** right outward; **HC** left inward in the rear of the left shoulder, followed by a **HC** right outward in the rear of the right shoulder. Continue in 2 counts; **AC** and **HC** wheel right sideways.
- EXPLANATION. — Count 1 for **AC** and 2 for **HC**.
- 2 The same left.
- 3 Exercise 1, but **HC** left in the rear of the right shoulder, the arm in front of the face, wheel right with the left over.
- 4 The same left.
- 5 **AC** right forward; follow immediately with the left forward; outer **HC** right forward, followed with outer **HC** left forward in 2 counts.
- 6 **DAC** sideways right at 1, twist the trunk right and outer **DHC** forward at 2; inner **DHC** forward at 3, outer **DHC** at 4. Continue in 4 counts.
- 7 The same left.
- 8 Exercise 1, after **HC** in the rear, twist the trunk right and execute an outer following **HC** right and left forward twice at 3 and 4, **HC** wheel. Continue in 4 counts.
- 9 The same left.
- 10 Exercise 3, and add the last part of the eighth Exercise in 4 counts.
- 11 The same left.
- 12 Exercise 1, after **HC** in the rear execute the same in front of the shoulders at 3, and rear of the shoulders again at 4, in 4 counts.
- 13 The same left.
- 14 Wheel right sideways as in Exercise 1 at 1 and 2; twist the trunk right and outer following **HC** right and left forward at 3, inner following **HC** right and left at 4. Continue.
- 15 The same left.
- 16 The same outward.

- 17 Exercise 1 at 1 and 2 ; following three quarters **AC** left and right sideways right at 3, following horizontal **HC** right and left sideways right at 4. Continue.
- 18 The same left.
- 19 All the following **HC** given in this lesson at the right side, the trunk twisted right, can also be done backward at the left side, the trunk twisted left.

Many other and more difficult exercises may be developed from the foregoing, also combinations of movements having 4, 6, 8, 12, and 16 counts.

DUMB-BELL EXERCISES

BY HENRY SUDER

THE dumb-bell is an apparatus consisting of a short handle with two balls. It is turned of wood, about eleven inches long, the bell three inches in diameter, the handle four inches long, five-eighths inches thick, and its average weight is from one to two pounds.

All that has been said about calisthenics must be repeated here, as nearly all free gymnastic exercises can be practised with the dumb-bells. In order not to repeat many exercises given under the title Free Gymnastics, the following dumb-bell exercises will consist of groups of movements in 2, 4, or more counts.

GROUP I.

PART 1.

- | | |
|------------------------------------|------------------------------------|
| 1 Raise the arms forward. | 9 Raise the arms sideways, and |
| Begin! 1-2 | bend the knees. |
| 2 Bend the knees. Begin! 1-2 | 10 Raise the arms sideways upward. |
| 3 Raise the arms forward, and bend | 11 Rise on the toes. |
| the knees. Begin! 1-2 | 12 Raise the arms sideways upward, |
| 4 Raise the arms upward. | and rise on the toes. |
| 5 Rise on the toes. | REMARKS. — In raising forward and |
| 6 Raise the arms upward, and rise | upward, keep the knuckles out- |
| on the toes. | ward; in raising sideways, the |
| 7 Raise the arms sideways. | knuckles upward. |
| 8 Bend the knees. | |

PART 2.

The hands on the shoulders.

- | | |
|-------------------------------|--------------------------------|
| 1 Bend the trunk forward, and | 2 Bend the trunk backward, and |
| straighten the arms downward. | straighten the arms upward. |
| Begin! 1-2 | Begin! 1-2 |

- 3 Turn the trunk to the right, and straighten the arms forward (Fig. 80).
- 4 Turn the trunk to the left, and straighten the arms forward. Begin! 1-2
- 5 Bend the trunk sideways to the right, and straighten the arms sideways. Begin! 1-2
- 6 Bend the trunk sideways to the left, and straighten the arms sideways. Begin! 1-2
- 7 Turn the trunk to the right, bend forward, and straighten the arms backward.
- 8 Turn the trunk to the left, bend forward, and straighten the arms backward.
- 9 Turn the trunk to the right, bend backward, and straighten the arms sideways (Fig. 81).
- 10 Turn the trunk to the left, bend backward, and straighten the arms sideways.



Fig. 80.

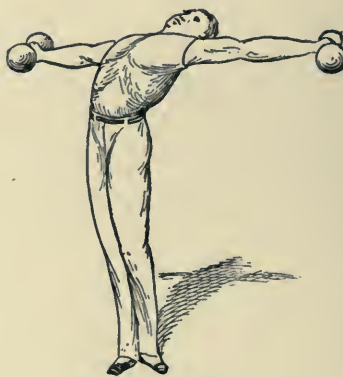


Fig. 81.

GROUP II.

PART 1.

- 1 a. Raise the right arm forward and place the right leg forward.
- b. Twist the right arm (knuckles upward) and raise and lower the right leg forward.
- c. Twist the right arm (knuckles outward) and raise and lower the right leg forward.
- d. Lower the arm and place the leg backward into position. Begin! 1-4
- 2 The same exercise left.
- 3 Exercises 1 and 2 alternately.
- 4 With both arms and rise on the toes.
- 5 } As Exercise 1, but raise the arms
- 6 } sideways and place the leg
- 7 } sideways.
- 8 }
- 9 } As Exercises 1-4, but raise the
- 10 } arms upward and place the leg
- 11 } backward.
- 12 }

PART 2.

- | | |
|---|-------------------------------------|
| 1 a. Raise the right arm forward and place the right leg forward. | 3 Exercises 1 and 2 alternately. |
| b. Move the right arm sideways and place the right leg sideways. | 4 With both arms and bent knees. |
| c. Move the right arm forward and place the right leg forward. | 5 { As Exercises 1-4, but raise the |
| d. Lower the arm and place the leg back into position. | 6 { arms forward and upward and |
| 2 The same exercise left. Begin! 1-4 | 7 { place the leg forward and back- |
| | 8 { ward. |
| | 9 { As Exercises 1-4, but raise the |
| | 10 { arms sideways and upward and |
| | 11 { place the leg sideways and |
| | 12 { cross forward. |

GROUP III.

PART 1.

- | | |
|---|---|
| 1. Swing the right arm forward and place the right leg forward. 1-8 | 3 { As Exercise 1-2, but swing and |
| At the eighth count, bend both arms to thrust, and thrust the arms forward and rise on the toes. 9-16 | 4 { thrust the arm or arms upward. |
| At the sixteenth count lower the arms, and return the leg into position. 1-16 | 5 { As Exercise 1-2, but swing and |
| 2 As Exercise 1, but begin with the left arm. | 6 { thrust the arm or the arms sideways. |
| | 7 { As Exercise 1-2, but swing the arm |
| | 8 { or arms sideways upward, and thrust upward. |

PART 2.

- | | |
|---|------|
| 1 Swing both arms forward. | 1-8 |
| At the eighth count place the hands on the shoulders, straighten the arms downward, and bend the trunk forward. | 9-16 |
| At the sixteenth count straighten the trunk. | 1-16 |
| 2 As Exercise 1, but swing and straighten the arms upward, and bend the trunk backward (Fig. 82). | |
| 3 As Exercise 1, but swing and straighten the arms sideways, and bend the trunk sideways right. | |
| 4 As Exercise 3, but bend the trunk to the left. | |
| 5 As Exercise 1, but swing the arms sideways upward, and straighten the arms upward, and turn the trunk to the right. | |
| 6 As Exercise 5, but turn the trunk to the left. | |



Fig. 82.

GROUP IV

PART 1.

- 1 a. Bend the knees, and place the dumb-bells on the floor inside of the knees.
- b. Straighten the right leg backward (Fig. 83).
- c. Place the leg back into position.
- d. Straighten the knees. Begin! 1-4
- 2 As Exercise 1, but straighten the left leg.
- 3 As Exercise 1, but straighten both legs backward (front leaning rest). (Fig. 84.)

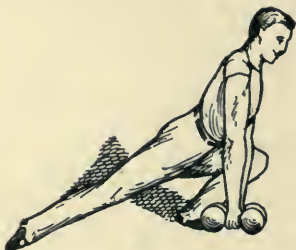


Fig. 83.



Fig. 84.

- 4 As Exercise 1, but straighten the right leg backward, and raise the left arm forward.
- 5 As Exercise 4, but the left leg backward and the right arm forward.
- 6 As Exercise 3, but straddle the legs.
- 7 As Exercise 1, but straighten the right leg forward.
- 8 As Exercise 1, but straighten the left leg forward.
- 9 As Exercise 3, but place the dumbbells outside of knees and straighten both legs forward (rear leaning rest).

PART 2.



Fig. 85.

- 1 a. Bend the knees, and place the dumb-bells on the floor inside of the knees.
- b. Straighten the left leg sideways (Fig. 85).
- c. Place the leg back into position.
- d. Straighten knees. Begin! 1-4
- 2 As Exercise 1, but straighten the right leg.
- 3 As Exercise 1, but straighten the left leg and raise the left arm sideways.

- 4 As Exercise 1, but straighten the right leg and raise the right arm sideways.
- 5 As Exercise 1, but straighten the left leg sideways and raise the left arm upward.
- 6 As Exercise 1, but straighten the right leg sideways and raise the right arm upward.
- 7 As Exercise 1, but place the dumbbells outside of the knees, and straighten the left leg forward, and raise the left arm forward.
- 8 As Exercise 7, but straighten the right leg forward and raise the right arm forward.
- 9 As Exercise 7, but straighten both legs forward (rear leaning-rest).



Fig. 86.

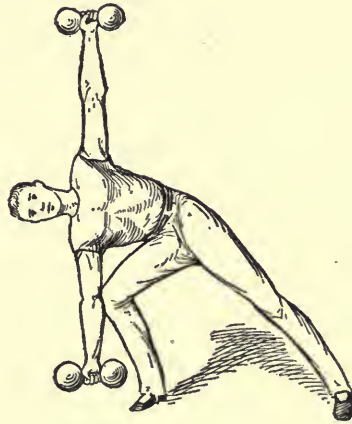


Fig. 87.

GROUP V.

PART 1.

Arms to thrust. Cross straddle position (right leg forward).

- 1 Thrust the arms forward and bend the right knee. Begin ! 1-2
- 2 Thrust the arms forward and bend the left knee.
- 3 Exercises 1 and 2 alternately.
- 4 Thrust the arms sideways and bend the right knee.
- 5 Thrust the arms sideways and bend the left knee.
- 6 Exercises 4 and 5 alternately.
- 7 Thrust the arms upward and bend the right knee (Fig. 86).
- 8 Thrust the arms upward and bend the left knee.
- 9 Exercises 7 and 8 alternately.
- 10 Thrust the arms backward and bend the right knee.
- 11 Thrust the arms backward and bend the left knee.
- 12 Exercises 10 and 11 alternately.

PART 2.

Sidestraddle position.

- | | |
|---|---|
| 1 Thrust the arms downward, bend the trunk forward, and bend the right knee. Begin ! 1-2 | to the right, and bend the right knee. |
| 2 Thrust the arms downward, bend the trunk forward, and bend the left knee. | 8 Thrust the arms backward, turn to the left, and bend the left knee. |
| 3 Exercises 1 and 2 alternately. | 9 Exercises 7 and 8 alternately. |
| 4 Thrust the arms sideways, bend the trunk to the right, and bend the right knee (Fig. 87). | 10 Thrust the arms upward, turn left and bend the trunk backward to the right, and bend the right knee. |
| 5 Thrust the arms sideways, bend the trunk to the left, and bend the left knee. | 11 Thrust the arms upward, turn right and bend the trunk backward to the left, and bend the left knee. |
| 6 Exercises 4 and 5 alternately. | 12 Exercises 10 and 11 alternately. |
| 7 Thrust the arms backward, turn | |

GROUP VI.

PART 1.

Counter exercises. See Calisthenics.

- | | |
|--|--|
| 1 Lunge forward obliquely outward and raise the outer arm forward obliquely upward, inner hand at the outer shoulder (elbow level with the shoulder). Begin ! 1-2 | 6 The same exercise inward. |
| 2 The same exercise inward. | 7 Exercises 5 and 6 alternately. |
| 3 Exercises 1 and 2 alternately. | 8 As Exercise 4, but lunge sideways, outward and inward alternately, and bend the trunk sideways. |
| 4 Lunge forward obliquely, outward and inward alternately, and bend the trunk forward in the same direction, and place the hands on the hips. | 9 As Exercise 1, but backward outward and raise the outer arm backward obliquely upward. |
| 5 As Exercise 1, but sideways outward. | 10 The same exercise inward. |
| | 11 Exercises 9 and 10 alternately. |
| | 12 As Exercise 4, but lunge backward obliquely, outward and inward alternately, and bend the trunk backward. |

PART 2.

- | | |
|---|---|
| 1 Lunge forward obliquely outward and raise the arms forward obliquely upward. Begin ! 1-2 | 4 Lunge forward obliquely, outward and inward alternately, and bend the trunk sideways, outward and inward alternately, and place the hands on the shoulders. |
| 2 The same exercise inward. | |
| 3 Exercises 1 and 2 alternately. | |

- 5 As Exercise 1, but sideways outward and raise both arms upward obliquely outward.
- 6 The same exercise inward.
- 7 Exercises 5 and 6 alternately.
- 8 As Exercise 4, but lunge sideways, outward and inward alternately, and bend the trunk forward.
- 9 As Exercise 1, but lunge backward obliquely, the arms backward obliquely.
- 10 The same exercise inward.
- 11 Exercises 9 and 10 alternately.
- 12 As Exercise 4, but lunge backward and bend the trunk backward.

GROUP VII.

PART 1.

- 1 *a.* Raise the arms to thrust and place the right leg forward.
b. Thrust the arms forward, bend the right knee, and raise the left leg backward (Fig. 88).
c. Bend the arms to thrust, straighten the knee, and place the left leg back into position.
d. Lower the arms and place the right leg back into position.
Begin! 1-4
- 2 The same exercise left.
- 3 As Exercise 1, but thrust sideways.
- 4 The same as 3, but left leg forward.
- 5 As Exercise 1, but the right leg backward, thrust upward, and raise the left leg forward.
- 6 As Exercise 5, but left leg backward.
- 7 As Exercise 1, but thrust the arms sideways left and cross the left leg backward.
- 8 As Exercise 7, but thrust the arms sideways right and cross the right leg backward.

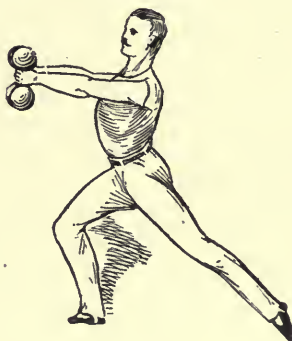


Fig. 88.

PART 2.

- 1 *a.* Raise the arms to thrust and place the right leg forward.
b. Thrust the arms downward, bend the right knee, bend the trunk forward, and raise the left leg backward.
c. Bend the arms to thrust, straighten the knee and trunk, and lower the left leg.
d. Lower the arms and place the leg back into position.
- 2 The same exercise left.
- 3 As Exercise 1, but place, thrust, and bend sideways right.
- 4 As Exercise 3, but place, thrust, and bend sideways left.
- 5 As Exercise 1, but place the right leg backward, thrust the arms up-

- | | |
|--|--|
| <p>ward, bend backward, and raise the left leg forward.</p> <p>6 As Exercise 5, but place the left leg backward.</p> <p>7 As Exercise 1, but thrust the arms</p> | <p>sideways left, cross the left leg backward, and turn the trunk to the left.</p> <p>8 As Exercise 7, but thrust, cross, and turn the trunk to the right.</p> |
|--|--|

GROUP VIII.

PART 1.

- | | |
|--|--|
| <p>1 a. Raise the arms to thrust and bend the knees.</p> <p>b. Straighten the knees, and place the right leg forward, and raise the arms to cut.</p> <p>c. Lunge forward right and cut with the arms forward.</p> <p>d. Lower the arms and place the leg back into position.</p> | <p>2 The same exercise left.</p> <p>3 Exercises 1 and 2 alternately.</p> <p>4 As Exercise 1, but place, and lunge, sideways right and cut sideways.</p> <p>5 As Exercise 4, but left.</p> <p>6 Exercises 4 and 5 alternately.</p> <p>7 As Exercise 1, but place, lunge right and cut backward.</p> <p>8 As Exercise 7, but left.</p> <p>9 Exercises 7 and 8 alternately.</p> |
|--|--|
- Begin! 1-4

PART 2.

- | | |
|---|--|
| <p>1 a. Raise the arms to thrust and bend the knees.</p> <p>b. Lunge forward right and raise the arms to cut.</p> <p>c. Bend the trunk forward and cut the arms downward.</p> <p>d. Return to position. Begin! 1-4</p> <p>2 The same exercise left.</p> <p>3 Exercises 1 and 2 alternately.</p> | <p>4 As Exercise 1, but sideways right and cut sideways.</p> <p>5 As Exercise 4, but left.</p> <p>6 Exercises 4 and 5 alternately.</p> <p>7 As Exercise 1, but backward right, and bend the trunk, and cut the arms backward.</p> <p>8 As Exercises 7, but left.</p> <p>9 Exercises 7 and 8 alternately.</p> |
|---|--|

GROUP IX.

PART 1.

- | | |
|---|--|
| <p>1 a. Lunge forward right and place the hands on the hips.</p> <p>b. One quarter turn left (on the heels), bend the left knee, and place the hands on the shoulders.</p> <p>c. One quarter turn right (on the heels), bend the right knee, and place the hands on the hips.</p> | <p>d. Lower the arms and place the leg back into position.</p> <p style="text-align: right;">Begin! 1-4</p> <p>2 As Exercise 1, but lunge left and one quarter turn right.</p> <p>3 Exercises 1 and 2 alternately.</p> <p>4 As Exercise 1, but straighten the arms forward.</p> <p>5 As Exercise 2, but straighten the arms forward.</p> |
|---|--|

- 6 Exercises 4 and 5 alternately.
- 7 As Exercise 1, but straighten the arms sideways.
- 8 As Exercise 2, but straighten the arms sideways.
- 9 Exercises 7 and 8 alternately.
- 10 As Exercise 1, but straighten the arms upward.
- 11 As Exercise 2, but straighten the arms upward.
- 12 Exercises 10 and 11 alternately.

PART 2.

- 1 a. Lunge forward right, and raise the right arm forward obliquely upward, the left arm backward obliquely downward (Fig. 89).
- b. One half turn left, and change the position of the arms (left obliquely upward, right obliquely downward).
- c. One half turn right, and change the position of the arms (right obliquely upward, left obliquely downward).
- d. Lower the arms, and place the leg back into position.
- 2 The same exercise left and one half turn right.
- 3 Exercises 1 and 2 alternately.
- 4 As Exercise 1, but bend the right arm to a right angle to cover the head.
- 5 As Exercise 2, but bend the left arm to a right angle to cover the head.
- 6 Exercises 4 and 5 alternately.
- 7 As Exercise 1, but lunge sideways right and turn the trunk right.
- 8 As Exercise 2, but lunge sideways left and turn the trunk left.
- 9 Exercises 7 and 8 alternately.
- 10 As Exercise 4, but lunge sideways and turn the trunk right.
- 11 As Exercise 2, but lunge sideways and turn the trunk left.
- 12 Exercises 10 and 11 alternately,

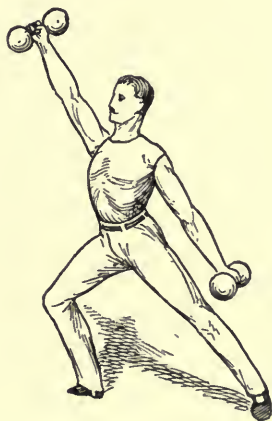


Fig. 89.

GROUP X.

PART 1.

- 1 a. Raise the arms to thrust and lunge forward right, remain in position 2 counts.
- b. One quarter turn left and thrust the arms forward, remain in position 2 counts.
- c. One quarter turn right and bend the arms to thrust, remain in position 2 counts.
- d. Lower the arms and place the leg back into position, remain 2 counts. Begin ! 1-8 counts.

- | | |
|--|--|
| 2 The same as Exercise 1, but lunge left and one quarter turn right. | 8 As Exercise 4, but thrust the arms sideways. |
| 3 As Exercise 1, but one count for each movement. | 9 As Exercise 1, but thrust the arms upward. |
| 4 As Exercise 2, but one count for each movement. | 10 As Exercise 2, but thrust the arms upward. |
| 5 As Exercise 1, but thrust the arms sideways. | 11 As Exercise 3, but thrust the arms upward. |
| 6 As Exercise 2, but thrust the arms sideways. | 12 As Exercise 4, but thrust the arms upward. |
| 7 As Exercise 3, but thrust the arms sideways. | |

PART 2.

- | | |
|---|---|
| 1 a. Lunge forward right, and raise arms to thrust, remain in position 2 counts. | 5 As Exercise 1, but lunge, raise arms to thrust, one quarter turn left and bend trunk sideways right and thrust the arms sideways. |
| b. One quarter turn left, bend trunk forward and thrust arms downward, remain in position 2 counts. | 6 The same exercise, but lunge forward left, one quarter turn right. |
| c. Straighten the trunk, one quarter turn right, and raise arms to thrust, remain in position 2 counts. | 7 As Exercise 5, but one count for each movement. |
| d. Lower arms and place the leg back, remain in position 2 counts. 1-8 counts. | 8 As Exercise 6, but one count for each movement. |
| 2 The same exercise, but lunge forward left and one quarter turn right. | 9 As Exercise 1, but one half turn left, and bend trunk backward and thrust the arms upward. |
| 3 As Exercise 1, but one count for each movement. | 10 The same exercise, but lunge forward left and one half turn right. |
| 4 As Exercise 2, but one count for each movement. | 11 As Exercise 9, but one count for each movement. |
| | 12 As Exercise 10, but one count for each movement. |

GROUP XI.

PART 1.

- | | |
|--|---|
| 1 a. Lunge forward right and raise the arms forward, remain in position 4 counts. | c. Lunge backward right and raise the arms upward, remain in position 4 counts. |
| b. Lunge sideways right and move the arms sideways right, remain in position 4 counts. | d. Return to position, remain 4 counts. Begin! 1-16 counts. |
| | 2 The same exercise left. |

- | | |
|---|---|
| 3 As Exercise 1, but two counts for each movement. | 8 As Exercise 6, but two counts for each movement. |
| 4 As Exercise 2, but two counts for each movement. | 9 a. As Exercise 1, but lunge forward right, and raise the arms upward. |
| 5 a. As Exercise 1, but lunge forward, and raise the arms sideways right. | b. Lunge sideways right, and lower the arms forward. |
| b. Lunge sideways right, and raise the arms upward. | c. Lunge backward, and move the arms sideways right. |
| c. Lunge backward right, and lower the arms forward. | d. Return to position. |
| d. Return to position. | 10 The same exercise left. |
| 6 The same exercise left. | 11 As Exercise 9, but two counts for each movement. |
| 7 As Exercise 5, but two counts for each movement. | 12 As Exercise 10, but two counts for each movement. |

GROUP XII.

PART 1.

Dissimilar Exercises.

Divide the class into the first and second division. See Calisthenics.

Arms to thrust.

- | | |
|---|---|
| 1 First division lunge forward right, and thrust the arms forward.
Begin ! 1-2
Second division lunge forward right, and thrust the arms sideways. | 5 First division lunge forward right, and thrust the arms upward.
Second division lunge forward right, and thrust the arms backward. |
| 2 The same exercise, but lunge left. | 6 The same exercise, but lunge left. |
| 3 As Exercise 1, but the first division executes the exercise of the second division, and <i>vice versa</i> . | 7 As Exercise 5, but the first division executes the exercise of the second division, and <i>vice versa</i> . |
| 4 The same exercise, but lunge left. | 8 The same exercise, but lunge left. |

PART 2.

- | | |
|---|--|
| 1 First division lunge forward right, bend trunk forward, and thrust the arms downward. Begin ! 1-2
Second division lunge backward right, bend the trunk backward, and thrust the arms upward. | 3 As Exercise 1, but the first division executes the exercises of the second division, and <i>vice versa</i> . |
| 2 The same exercise, but lunge left. | 4 The same exercise, but lunge left. |
| | 5 First division lunge sideways right, bend the trunk sideways right, and thrust the arms sideways. |

- Second division lunge sideways, bright end the trunk forward, and thrust the arms sideways.
- 6 The same exercise, but lunge left.
- 7 First division executes the exercises of the second division, and *vice versa*.
- 8 The same exercise, but lunge left.

PART 3.

DIVIDE THE CLASS INTO CENTRE AND OUTER DIVISIONS.

- 1 a. Centre division lunge forward right, and raise the arms forward, remain in position 4 counts.
- b. Move the arms sideways and remain 4 counts.
- c. Move the arms forward and remain 4 counts.
- d. Return to position, 4 counts. 1-16 counts.
- Outer division lunge forward and raise the arms forward.
- b. Move the arms sideways.
- c. Move the arms forward.
- d. Return to position.
- Begin ! 1-4
- 2 The same exercise, but lunge forward left.
- 3 The centre division executes the exercises of the outer divisions, and *vice versa*.
- 4 The same exercise left.
- 5 The centre division as Exercise 1, but —
- a. Lunge backward, and raise the arms sideways.
- b. Raise the arms upward.
- c. Lower the arms sideways.
- d. Return to position.
- 6 The same exercise, but lunge backward left.
- 7 The outer divisions execute the exercises of the centre division, and *vice versa*.
- 8 The same exercise, but lunge left.

PART 4.

DIVIDE THE CLASS INTO CENTRE AND OUTER DIVISIONS.

- 1 a. Centre division lunge forward right, and raise the arms forward, and remain in position four counts.
- b. Centre division bend the trunk forward, remain in position four counts.
- c. Centre division straighten the trunk, and remain in position four counts.
- d. Return to fundamental position, remain four counts. 1-16 counts.
- 1 a. Outer divisions lunge sideways outward and raise the arms sideways.
- b. Outer divisions bend the trunk sideways outward.
- c. Outer divisions straighten the trunk.
- d. Return to fundamental position. 1-16 counts.
- 2 The same exercise, but the centre division lunge forward left, and the outer divisions lunge sideways inward.
- 3 The centre division executes the exercises of the outer divisions to the right, and *vice versa*.
- 4 The same exercise, but the centre division to the left, and the outer divisions lunge forward left.

- 5 As Exercise 1. — *a.* Centre division lunge backward right and raise the arms upward.
- b.* Bend the trunk backward and lower the arms sideways.
- c.* Straighten the trunk and raise the arms upward.
- d.* Return to position. 1-16 counts.
- 5 As Exercise 1. — *a.* Outer divisions lunge sideways outward and raise the arms sideways.
- b.* Outer divisions turn the trunk outward and raise the arms upward.
- c.* Outer divisions turn the trunk forward and lower the arms sideways.
- d.* Return to position.
- 6 The same exercise, but the centre division lunge backward left, and the outer divisions lunge inward.
- 7 The centre division executes the exercise of the outer divisions to the right, and *vice versa*.
- 8 The same exercise, but the centre division to the left.

EXERCISES WITH RINGS

BY DR. KARL ZAPP

THESE exercises belong to light gymnastics, and permit of a great number of variations after the manner of free gymnastics, dumb-bell and wand exercises, etc.

The exercises with the rings offer combinations which are characteristic of these exercises. These are the combinations

which result from the position of the participants, who are generally coupled together in pairs, either side by side, face to face, or back to back (Fig. 90). The class may also be arranged in groups of three (triangle), four (square or ring), and in a half-circle, circle, or lines composed of as many members as the room permits.



Fig. 90.

With tactics and fancy steps beautiful and interesting combina-

tions and Roundels (*Reigen*) may be arranged.

A combination of ring exercises, as well as any other combination of light gymnastics, should contain in proper alternation one or more groups of exercises for the most important groups of muscles and the principal parts of the body.

The following four groups may illustrate the principle: —

- GROUP I. **Leg Exercises.**
 GROUP II. **Step and Lunging Exercises.**
 GROUP III. **Trunk Exercises.**
 GROUP IV. **Balancing Exercises.**

GROUP I. contains the more strenuous exercises of the legs, such as the bending of knees, kneeling, etc.

GROUP II., the different step-positions and their combinations.

GROUP III. contains the bending and twisting of the trunk in all directions.

GROUP IV. contains exercises in which the weight of the body is balanced on one foot, while the other leg is held in a certain position, or moved from one position into another.

All four groups should be accompanied by suitable arm movements, making a special group of arm movements superfluous. No strict line of demarcation need be kept between the different groups; the exercise of one group may be combined with a suitable exercise of any other group.

The rings afford excellent opportunity for the so-called resting exercises.

The rings are not necessarily indispensable, but afford a pleasant variation in the routine free gymnastics, and are especially appropriate for higher grades of misses' and ladies' classes.

A. EXERCISES IN POSITION—FACE TO FACE.

GROUP I.

Leg and Arm Movements.

- | | |
|---|---|
| 1 Raising the heels in 2 counts, combined with or alternating with such arm exercises as raising of | arms sideways upwards, or bending of arms, or straightening of arms from a flexed position. |
|---|---|

- 2 Bending the knees (on the ball of the foot), half way (right angle), or as far as possible, quickly or slowly, combined with similar arm exercises; care must be taken that the body is kept in an erect position.
- 3 The alternate raising of the heels and the bending of the knee with arm movements; i. e., raise heels with arms in position sideways, 1; lower, 2; bend knees with arms upward, 3; position, 4.
- 4 Raising the heels and bending the knees interchained; i. e., raise the heels and bend the arms, 1; bend the knees and straighten the arms sideways or upwards, 2; reverse, 3-4.
- 5 Each of the two partners performs a different exercise at the same time; i. e.,
No. 1, raise the heels and bend the arms, and
No. 2, bend the knees and straighten the arms upward, 1; both return to position, 2;
Nos. 1 and 2 exchange exercises, 3-4.

GROUP II.

Step and Lunging Exercises.

All the step and lunging exercises can be executed in this position except those directly forward. **EXAMPLES:**



Fig. 91.

From position — arms bent :

- 1 Step position or lunge obliquely forward, with extending the same arm in the same direction, the other arm in the opposite direction (Fig. 91).
- Also, step or lunge sideways extension of arms in the same direction or upward; or step backward with the arms upward or cross steps forward or backward; or lunge backward with extension of the arms forward.
- 2 In a step position raising of the heels (rising on the toes), or bending of the knees; i. e., step position left, obliquely forward, with bending of the arms, 1; rise on the toes with extension of arms upward, 2; reverse, 3-4; the same exercise right, 5-8.
- 3 Step position backward left, arms sideways, 1; bend both knees, the arms upward, 2; reverse, 3-4;

The rising on the toes may also be done several times in the same position before changing.

- the same with step position of the right foot, 5-8.
- 3 Each of the two partners may perform a different exercise at the same time.
 - 4 Lunging (or charging) in the same or in the opposite direction, rocking of the knees, or kneeling. Example :—
 - a. Lunge obliquely forward left extending the arms, 1 ; rock the knees (change extension of the legs) and bend the arms, 2 ; reverse, 3-4 ; the same right, 5-8.
 - b. Lunge obliquely backward, the arms forward, 1 ; rock knees, the arms outward, 2 ; reverse, 3-4 ; the same right, 5-8.
 - c. Lunge sideways left, the arms extended, 1 ; rock, and bend arms, etc., 2-8.
 - d. Both lunge in one direction (one left, the other right).

GROUP III.

Trunk Movements.

- 1 Bending backward.
This can be performed combined with raising of the arms outward or upward, also with step or lunging positions, i.e.,—
Bend the trunk backward with step position obliquely forward left, and the arms sideways, 1 ; raise the arms upward, 2 ; reverse, 3-4.
- 2 Bending forward and downward.
- 3 Turning or twisting of the trunk.
Performed in one direction, one turning left, the other right (forward or backward).

These two movements can only be executed in an oblique direction. They may be accompanied by arm and leg movements.

Step position backward, 1 ; bend forward (hollow back), 2 ; reverse, 3-4.

Turning of the trunk may be combined with the various trunk and leg exercises, as : —

Turn the trunk to the front with forward arm overhead and forward leg in cross step position backward. Turning of the trunk may also be combined with lunging.

GROUP IV

Balancing Exercises (*Standing on One Foot*).

These exercises may be executed in a similar manner as the step position, i.e., —

- | | |
|---|--|
| <p>a. Raise the left leg and the arms sideways, 1; lower, 2.</p> <p>b. Raise the left knee and both arms upward, 1; lower, 2.</p> <p>c. Flex the left leg backward and the arms outward, 1; lower, 2.</p> | <p>d. Raise the left leg obliquely forward, with the arms outward, 1; move the left leg backward, the arm upward, 2; reverse, 3-4.</p> |
|---|--|

B. EXERCISES IN FRONT POSITION.

The class may be arranged so that the members stand singly holding ring in one hand; or two are coupled together holding one ring between them; or the entire rank may be joined together each holding with one hand the neighbor's ring.

GROUP I.

Leg Exercises.

Rising on the toes and bending of the knees with all possible variations are available, also the performance of different exercises by different individuals at the same time.

GROUP II.

Step and Lunging Exercises.

All movements except lunging directly sideways may be executed. If the members are standing alone, the ring may be moved from one hand to the other during an exercise; i.e., —

- | | |
|---|--|
| <p>Step or lunge obliquely sideways left with the arms and the ring extended to the right, the ring in the right hand, 1; close the heels, with the arms upward and the</p> | <p>ring overhead, 2; lunge or step obliquely sideways right and the arms to the left, the ring in the left hand, 3; position, 4.</p> |
|---|--|

GROUP III.

Trunk Movements.

All the different movements backward, forward, downward, and sideways may be performed.

GROUP IV.

Balancing Exercises.

See exercises in position *Face to Face*.

C. EXERCISES IN POSITION — BACK TO BACK.

GROUP I.

Leg Exercises.

In this position, bending of the knees is not very practicable, as partners are usually in too close proximity.

Rising on the toes, combined with the arm movements, is available.

GROUP II.

Step and Lunging Exercises.

These exercises may be practised as in the position face to face, and with all possible variations.

GROUP III.

Trunk Exercises.

Trunk exercises are also limited in this position, being restricted principally to bending sideways, twisting, and a slight bending backward in an oblique direction.

GROUP IV.

Balancing Exercises.

These allow of about as much variety as in the position face to face.

FANCY STEPS

BY CHRISTIAN EBERHARD

THESE exercises, while mainly intended for misses or ladies, may also be practised to advantage by young boys. The exercises have a tendency toward the development of grace, a good and erect bearing or carriage, and will be found admirable for the development of the respiratory organs.

Children usually delight in work of this kind, and these movements will prove valuable to enliven and cheer up an otherwise indifferent or dull class.

LESSON 1.

The pupils are ranged in single file, and march around the hall. It is advisable to change the direction in which the pupils are marching several times during each lesson. The hands are placed on the hips, or the arms crossed backward.

- 1 Follow (or lock) step left forward. (The left foot advances a moderate pace, the right foot follows, and the fundamental position is resumed; i.e., the heels are locked.)
- 2 Follow step right forward. (The right foot advances and the left foot follows.)
- 3 Follow step left and right alternately. (Let it here be understood that, if no command to the contrary is given, the alternate movement is always meant.)
- 4 Follow step with raising the knees forward. (The knee of the striding leg is raised forward at a right angle, the toes extended downward.)
- 5 Follow step with swinging (quickly raising and lowering) the legs forward.
- 6 Follow step with raising the heels backward.
- 7 Follow step with raising the heels in front. (In front of the opposite leg.) (Fig. 92.)
- 8 Follow step obliquely forward. (Instead of striding straight for-

ward, stride in an oblique diagonal direction.)

- 9 Follow step forward and sideways alternately. (After executing one step forward left and right, execute one follow step sideways left and right.)
- 10 Skip left forward. Galop. (Instead of locking the heels, in this exercise, the toes of the

right foot are placed against the heels of the left foot.)

- 11 Skip right forward.
- 12 Skip left and right forward alternately.
- 13 Skip left sideways (after the class has faced to the right).
- 14 Skip right sideways (after the class has faced to the left).



Fig. 92.

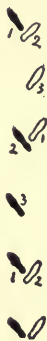


Fig. 93.



Fig. 93 b.

LESSON 2.

- 1 Change step (Fig. 93). (The left foot advances, the right foot follows in such a manner that the toes of the right foot are placed in about a right angle against the heel of the left foot; then the left foot advances again. After this, the right foot advances, the left foot follows against the heel of the right foot, etc.)
- 2 } Change step, with the leg movements as in Exercises 4, 5, 6, and
- 3 } 7 of Lesson 1.
- 4 }
- 5 }
- 6 Change step left and right obliquely forward.
- 7 Change step with turning (facing) right and left.
- 8 Change step with turning (facing) left and right.
- 9 Double change step (schottische step). (The left foot advances twice in succession and the right foot follows twice, after which the left foot advances a third time. Then the right foot advances as the left did.)
- 10 Double change step with turning right and left. (The movement is now sideways. The turn is executed on the ball of the foot.)

LESSON 3.

- | | | | |
|---|--|----|---|
| 1 | Polka step. (Same as the change step, only executed with three light hops, the most vigorous of which is done on the first count.) | 9 | Galop step forward four steps (hops) with each foot. |
| 2 | Polka step with leg movements and variations, as in Exercises 2, 3, 4, 5, 6, 7, and 8 in Lesson 2. | 10 | Galop step left and right sideways. (The first turn is to the right, four hops each way.) |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |

LESSON 4.

- | | | | |
|---|--|----|--|
| 1 | Touch step. (The toes of the striding leg touch the floor gently at a distance somewhat less than one half of an ordinary pacc; after the touch, the stride is completed.) | 6 | Double touch step, with crossing the feet at the second touch. |
| 2 | Touch step with bending the opposite knee. (When the left foot touches, the right knee bends.) | 7 | Double touch step, with crossing the feet as in Exercise 6, and bending the opposite knee during the second touch. |
| 3 | Touch step with crossing the feet in front. (The feet are crossed during the touch only.) | 8 | Double touch step, front and rear. (The first touch in front, the second after moving the striding leg slightly backward.) |
| 4 | Touch step with crossing the feet in front and bending the opposite knee. | 9 | The same as Exercise 8, with bending the opposite knee during the touch in front. |
| 5 | Double touch step. (The toes touch twice, after which the stride is finished.) | 10 | The same as Exercise 8, with bending the opposite knee during the touch in the rear |

LESSON 5.

- | | | | |
|---|---|----|--|
| 1 | Double touch and change step. (Two touches and then change step as in Lesson 2.) | | ing both times with the toes, the heel is touched on the floor in the first count, and the toe in the second count, with the feet crossed in front, while simultaneously with each touch there is a slight hop on the other foot.) |
| 2 | Double touch and change step with variations, as in Exercises 6, 7, 8, 9, and 10 of Lesson 4. | 9 | The same as 8, with touching the heel in front and the toe in the rear. |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | 10 | Double polka. Similar to Exercise 8, but instead of touch- |
| 7 | Double touch and polka step. (The same variations can also be used here again.) | | |
| 8 | Heel and toe polka. (Double touch and polka, but instead of touch- | | |

the heel and the toe, the striding leg is swung obliquely forward during the first hop, and crossed in front of the other with heel

raised backward during the second hop, after which the polka step follows.

LESSON 6.

For this lesson the pupils are ranged in a column of twos (in couples or pairs). The inner hands are joined and raised to shoulder height, the outer hands are placed on the hips. The pupils to the left begin with the left, those to the right with the right, foot.

- | | |
|---|---|
| 1 Change step. | faeing (turning) toward and away from each other). |
| 2 The same as in 1, but obliquely forward (with opening and closing the ranks). | 7 Galop step, four steps each way obliquely forward (with opening and closing the ranks). |
| 3 Polka step obliquely forward, etc. | 8 Galop step sideways (with faeing toward and turning away from each other). |
| 4 Polka step obliquely forward, with faeing toward and away from each other. | 9 Schottische step, obliquely forward. |
| 5 Polka step forward and obliquely forward alternately. | 10 Schottische step, with turning as in Exercise 8. |
| 6 Polka step forward and sideways alternately (without and with | |

LESSON 7.

- | | |
|---|---|
| 1 Follow step with rising on the toes (with balancing). | free leg is kept in a line with the trunk. For this exercise the arms should be locked (arms crossed and the hands grasped). (Fig. 94.) |
| 2 Roeking step. (Step forward left and throw the weight of the body onto the left leg, slightly raising the right foot off the floor; at 2, rock back onto the right foot, slightly raising the left foot off the floor; at 3, the left foot is placed on the floor as in an ordinary step or stride. Then the right foot is placed forward for the forward rock, etc.) | 4 Cross balance step. The left leg takes a moderate pace obliquely forward to the left, then the right foot is crossed in front of the left, at the same time balancing (rising on the toes and very slightly raising the left foot off the floor); in the third measure the feet (body) settle down again. Then the right leg strides obliquely forward to the right, etc. |
| 3 Roeking step, with roeking the trunk forward and backward, the | |

- This is best practised first in single file, with the hands upon the hips.
- 5 Cross balance step, with swinging left and right arm in a half circle overhead.
 - 6 Cross balance step, with bending the trunk sideways right and left.
 - 7 Cross balance step, with bending the trunk sideways right and left, and swinging the left and right arm in a half circle overhead (Fig. 95)
 - 8 The same as Exercise 7, but with swinging both arms sideways to a circle overhead (Fig. 96).
 - 9 The same as Exercise 7, but swing both arms sideways to the left and right. (As the trunk is bent sideways, the arms should point obliquely upward in a line with the shoulders.)
 - 10 Cross balance hop. Like Exercise 4, with a light hop on the first count. (Spring from the right onto the left foot.)



Fig. 94 a.



Fig. 94 b.

LESSON 8.

- 1 Waltz hop. Two hops on each foot, the free (unoccupied) leg extended backward.
- 2 Waltz hop, the free leg extended sideways.
- 3 Waltz hop, the free leg extended forward.
- 4 Waltz hop, with swinging the free leg obliquely forward in front of the other leg (crossing legs forward).
- 5 The same as Exercise 4, with sliding the swinging leg over the floor during the first part of the swing.
- 6 The same as Exercise 4, with raising the heel in front and extending the leg downward.
- 7 Rocking hop. While hopping forward twice on the left foot, swing the right leg backward and bend the trunk forward, then the right foot comes up to where the left foot had been, the right foot apparently striking the left away; and while hopping forward twice

on the right foot, the left leg is swung forward and the trunk bent backward.

- 8 The same as Exercise 7, but advancing with the right leg.

- 9 { The same as Exercise 7 or 8,
10 { but backward instead of forward (retreating instead of advancing).



Fig. 95.



Fig. 96.

LESSON 9.

MAZURKA STEP.

The pupils are ranged in twos.

- 1 The pupils face each other, the hands on each other's shoulders.

Mazurka step sideways (around the hall). In the first measure the left (or right) foot steps sideways, in the second measure the right (or left) foot hops up and apparently strikes away the left (or right) foot, and this left (or right) foot swings sideways; in the third measure another hop follows on the right (or left) foot

Exercises 7, 8, and 9 are best executed in a column of twos, or fours, etc. They will also make an excellent impression if executed in a front line, the whole class advancing or retreating in one line, the arms locked forward or backward.

and the free left (or right) leg swings sideways, slightly bent, in front of the hopping leg. (The exercise is thus: step, hop, hop.) The same foot advances all the time.

- 2 The same as Exercise 1, but around the hall the other way. After changing places, those formerly on the inside are now on the outside.
- 3 Mazurka step sideways across the hall (best done in single file).

- 4 Mazurka step forward, the left foot advancing.
- 5 Mazurka step forward, the right foot advancing.
- 6 Mazurka step forward, left and right alternately. In order to be able to alternate, the exercise must be executed in four measures (if the left foot began, this same foot is placed down on the floor in the fourth measure), and the exercise is now : Step, hop, hop, step.
- 7 Polka mazurka step (mazurka step as in 4, followed by the polka step).
- 8 Polka mazurka step, with one half turn of the couples (or twos). The turn to be continuously in the same direction.
- 9 The same as 8, with the turn in the opposite direction.
- 10 The same as Exercise 8, with turning alternately left and right.

LESSON 10.

Exercises 1-9 in single file. Exercises 1-6 inclusive may also be done in a front line.

- 1 Cross step twirl with one half turn in 5 measures. Two ordinary steps (or paces) forward ; in the third measure cross the left foot in front of the right ; in fourth measure turn right about on the balls of the feet ; in fifth measure turn back again in the same manner.
- 2 The same as 1, beginning with the right foot.
- 3 Cross step twirl with one half turn in 4 measures. Similar to Exercise 1, taking but one step forward, crossing the feet in the second measure, etc. The turn is now alternately left and right about.
- 4 Cross step twirl in 6 measures. The same as 3, with three steps forward instead of one.
- 5 Cross step twirl with full (four quarter) turn in 5 measures. Executed as follows : Three steps forward, cross the right foot in front of the left in the fourth measure, and turn completely around on the balls of the feet in the fifth measure. (The turn is to the left.)
- 6 The same as 5, beginning with the right foot. (The turn is now to the right.)
- 7 Stride twirl in four measures. Three steps forward, in fourth measure execute a full turn to the right (four quarter turn) on the ball of the left foot, swinging right leg in a half circle to the right (around the left leg).
- 8 The same as Exercise 7, but beginning with the right foot. (The turn is now to the left.)
- 9 Stride twirl in 3 measures. Take two steps forward instead of three ; the turn is now alternately left and right.
- 10 In couples, or column of twos with the arms locked. The same as Exercise 1 ; those on the inside (to the left) beginning with the left foot, those on the outside (to the right) beginning with the right foot. (The arms remain locked.)

LESSON 11.

IN A COLUMN OF TWOS.

The inner hands are joined and raised to shoulder height, the outer hands are placed on the hips.

- 1 March and polka alternately, 8 measures for each movement. (Eight paces forward and 4 polka steps forward.)
- 2 March and galop forward alternately, 8 measures each.
- 3 Polka and galop forward alternately, 8 measures each.
- 4 Galop and heel and toe polka forward alternately, 8 measures each.
- 5 Beginning with the feet on the outer side (those to the left with the left foot, those to the right with the right foot), march forward and galop sideways. During the first 4 galop steps, facing toward each other, the hands joined and raised shoulder height, during the next 4 galop steps facing away from each other.
- 6 Beginning with the feet on the outer side as in 5, polka forward and galop sideways.
- 7 Beginning with the feet on the outer side, as in Exercise 5, heel and toe polka forward and galop sideways.
- 8 Beginning with the feet on the outer side, as in Exercise 5, double polka with opening and closing the ranks, and galop sideways.
- 9 Beginning with the feet on the outer side, march forward 8 paces, and polka, holding the partner, and turning a half turn to each polka step as in dancing 8 measures.
- 10 Holding the partner as in dancing; heel and toe polka with half turns 8 measures, and 8 galop steps, with a half turn after the fourth step.

LESSON 12.

- 1 Cross step hop in 4 measures, as follows: two ordinary steps forward (beginning with the left foot); in the third measure cross the left foot in front of the right foot; and in the fourth measure hop once on both feet.
- 2 The same as Exercise 1, but beginning with the right foot.
- 3 Cross step hop in 3 measures. One step forward, cross the feet in the second, and hop in the third measure. (An odd number of counts or measures alternates the exercise left and right.)
- 4 Cross balance hop. (Similar to cross balance step of Lesson 7.) Instead of a step left obliquely forward in the first measure, spring from the right foot, at the same time swinging the left leg obliquely forward, and then landing on the left foot. The second and third measures are the same as in the cross balance step, only livelier.
- 5 A combination of change step and cross balance step.
- 6 Change step and cross step hop (see Exercise 1). After the

- change step, cross the right foot in front of the left in the fourth, and hop on both feet in the fifth measure.
- 7 Cross balance step and cross step hop. 6 measures.
(The cross balance step is to the left, the cross step hop to the right.)
- 8 Mazurka step and cross balance step. 6 measures.
(During the first 6 measures left forward, during the next 6 measures right forward.)
- 9 Mazurka step and cross step hop. 6 measures.
(As in Exercise 8, the first 6 measures left forward, the next 6 measures right forward.)
- 10 Cross balance step and a full turn cross twirl. 6 measures.
(The first balance step to the left, the cross twirl to the right; the next balance step to the right, and the cross twirl to the left, etc.)

Many of the exercises of these twelve lessons may be varied (as partly exemplified in Lesson 6) by opening and closing the ranks of two, by changing places with each other, by having one pupil circle around the other, while this one marks time, etc.

Appropriate arm, trunk, head, and leg exercises or combinations of these may be executed with many of the steps.

FOUR LESSONS FOR PUPILS ARRANGED IN OPEN ORDER.

(AS FOR FREE EXERCISES.)

LESSON 1.

The hands upon the hips.

- 1 Follow step sideways left and right with balancing on the toes.
- 2 The same as Exercise 1, with swinging the arms sideways in a circle overhead (Fig. 97).
- 3 Two hops alternately on each foot, raising the free leg backward (waltz hopping). See Lesson 8.
- 4 The same as Exercise 3, raising or swinging the free leg sideways.
- 5 The same as Exercise 3, swinging the free leg forward.
- 6 The same as Exercise 3, swinging the free leg obliquely inward (crossing in front of the other leg, also with sliding the foot over the floor).
- 7 The same as Exercise 6, with bending the trunk sideways and swinging one arm in a half circle over-

head (if bending to the right swing the left arm, and reverse).

- 8 Cross step twirl with a half turn in 4 measures sideways left and right alternately. (Sidestep left, cross the right foot in front of the left, turn left about on the balls of the feet.) See Exercises 1 and 3, Lesson 10.
- 9 The same as 8, with arm exercises: (for example, place the hands on the shoulders, while crossing the feet; raise the arms in a circle overhead, while turning about; the hands again on the shoulders, while turning back; and, finally, the hands on the hips) (Fig. 97).
- 10 The same as Exercise 8, adding a hop on both feet after turning to the front in the fourth measure and while the feet are still crossed, thus executing the whole exercise in 5 measures.



Fig. 97.

LESSON 2.

- 1 Cross balance step sideways left and right (see Lesson 7).
- 2 Cross balance step with swinging one arm in a half circle overhead.
- 3 Cross balance step sideways with bending the trunk sideways.
- 4 Cross balance step, with bending the trunk sideways and swinging one arm in a half circle overhead.
- 5 The same as in Exercise 3, and swinging both arms in a circle overhead.
- 6 Exercises 1, 2, 3, 4, and 5 toward each other and away from one another (inward and outward).
- 7 Change step and cross balance step sideways left and right. (Execute one change step to the left in three measures, cross the feet in the fourth, and balance in the fifth measure.)
- 8 The same as Exercise 7, with arm exercises as follows: During the change step sideways to the left; raise both arms sideways to the left; and during the remainder of the exercise continue the movement with the arms in the same direction upward, and curve them to a circle overhead.
- 9 Polka step and cross balance step sideways left and right.
- 10 The same as Exercise 9, toward each other, etc. Also with arm exercises, as in Exercise 8, adding a bending of the trunk sideways, etc.

LESSON 3.

- 1 Mazurka step sideways left. (Any stated number of steps. For three mazurka steps the counting will be: 1, 2, 3; 1, 2, 3; 1, 2, 3, 4.)
- 2 The same as Exercise 1, sideways to the right.
- 3 One mazurka step sideways left with waltz turn. (The class has

now moved about two paces to the left and is facing the other way. After a second mazurka step and waltz turn to the left the class is back in place, and facing as at first.)

- 4 The same as Exercise 3, to the right.
- 5 Mazurka step and cross balance step sideways left and right.
- 6 The same as Exercise 5, obliquely inward (toward each other), and outward in such a manner, that, during the balance, files one and two form one file, and files three and four another file, etc. (Fig. 98).
- 7 Stride twirl sideways left and right with two consecutive half turns in the same direction. The exercise is executed as follows: In the first measure the left foot is placed sideways to the left; in the second measure a half turn

left is executed on the ball of the left foot, while the right leg describes a half circle forward around the left leg; in the third measure a half turn is executed on the ball of the right foot, while the left describes a half circle backward around the right; in the fourth measure the heels are locked (Fig. 99).

- 8 The same as Exercise 7, to the right.
- 9 The same as Exercise 7, inward and outward (either the odd or the even files should now be one pace farther forward than the others), with crossing over or changing places of the files. (File two crosses over to where file one has been, and file one to where file two has been, and back to places again.)
- 10 The same as Exercise 9, but beginning in the opposite direction.

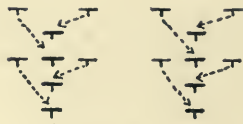


Fig. 98.

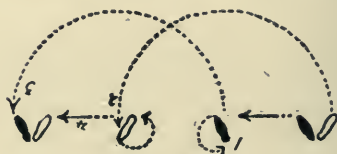


Fig. 99.

LESSON 4.

- 1 Stride twirl and cross balance step sideways left and right. (The stride twirl, as before, but in the fourth measure the right foot crosses in front of the left foot, and in the fifth measure the balance follows.)
- 2 The same as Exercise 1, inward and outward (with crossing over and changing places as in Exercise 9 of the third lesson).
- 3 The same as Exercise 2, beginning in the opposite direction.
- 4 The same as Exercise 1, with a hopping movement. (Hop twirl and balance hop.)
- 5 The same as Exercise 2, with a hopping movement. (Hop twirl and balance hop.)
- 6 Cross balance step and cross twirl with a full turn. (After executing the cross balance step to the

left, place the right foot sideways to the right, cross the left in front of the right, and execute a complete circle to the right on the balls of both feet. Next the right foot begins the cross balance, etc.)

- 7 Cross twirl and cross balance step. (The same as Exercise 6, only beginning with a full turn.)

8 Mazurka, stride twirl (two half turns), and cross balance step sideways left and right.

9 The same as Exercise 8, inward and outward (crossing over in the files).

10 The same as Exercise 9, but beginning in the opposite direction.

HORIZONTAL BAR

By F. W. FROEHLICH

THE exercises are arranged in three grades of four lessons each.

ABBREVIATIONS OF TERMS USED.

Sidestand . .	SS	Stand directly under the bar, the bar and a line drawn through the shoulders run parallel.
Frontsidestand .	FSS	Facing the bar, a distance of one, two, or more feet between the body and a vertical line drawn through the bar.
Rearsidestand .	RSS	Facing from the bar, at a distance same as FSS.
Crossstand . .	CS	Stand directly under the bar, a line drawn through the shoulders runs at right angles to the bar.
Leftcrossstand .	LCS	A CS with the left flank toward the bar at a distance varying as in FSS.
Rightcrossstand,	RCS	A CS with the right flank toward the bar at a distance varying as in FSS.
Handhang . .	HH	The body hanging suspended from the bar by means of the hands ; the legs together, the toes downward.
Elbowhang . .	EH	The bent arm over the bar forward, the hand downward, clinched.
Shoulderhang .	ShH	The bent arms over the bar forward, the hands close together.
Bentarmhang .	BAH	The arms bent to an acute angle, the shoulders close to the bar.
Overhold . . .	OH	Handhang, the hands width of shoulders apart, the back of the hands toward the rear, thumbs inward and under the bar.
Underhold . .	UH	The back of the hands toward the front, the thumbs outward and under the bar.
Twistunderhold,	TUH	Raise the arms sideways, thumbs downward, palms toward the rear. Raise the arms up toward the bar ; in this position take hold, the back of the hand toward the front, little fingers inward.

- Frontrest . . . FR** The body is supported by means of the arms, the bar in front, the hands **OH** or **UH**, and width of the shoulders apart. The body rests against the bar at the thighs, the legs together, the toes downward, the chest forward, and the back arched.
- Rearrest . . . RR** Similar to the **FR**, with the bar in the rear of the body.
- Sidehang . . . SH** See sidestand.
- Crosshang . . . CH** See crossstand.
- Bentarmrest . . . BAR** See **FR** and **RR**, but the arms bent.
- Jumpoff . . . JO** After finishing an exercise, jump off, landing on the feet, bend the knees to an angle and raise the arms forward, then change to the fundamental position.

GRADE I.

LESSON I.

HIGH BAR.

The bar should be at such a height from the floor, that the person exercising can do a **HH** and have his toes from three to six inches from the floor.

SS. Jump into —

- 1 The **HH**; **OH**; **JO**; repeat several times.
- 2 As Exercise 1, with **UH**; also 1 and 2 alternately.
- 3 As Exercise 1, with **TUH**.
- 4 **SS** at the left end of the bar, jump to **HH**; **OH**; travel sideways right by moving the right hand four or five inches sideways, following with the left; **JO**.
- 5 The same opposite.
- 6 As Exercises 4 and 5 with **UH**; also with **TUH**.
- 7 As Exercises 4 and 5 in a **BAH** with **UH**; also with **OH**.
- 8 As Exercise 4, moving both hands simultaneously, bending the arms slightly immediately before the change.
- 9 As Exercise 8, with **UH**; also in a **BAH**.
- 10 A **HH**; **OH**; change the right hand to **UH**; also left hand; change right hand back to **UH**; also the left hand; repeat several times; **JO**.
- 11 As Exercise 10, changing both hands simultaneously to **UH**, bending the arms just before the change.
- 12 A **HH**; **OH**; raise the right knee forward and lower in 2 counts; the same left (Fig. 100).



Fig. 100.

- 13 As Exercise 12, alternately in 4 counts.
- 14 As Exercise 12, raising both knees forward and lower.



Fig. 101.

- 15 As Exercises 12, 13, and 14 in a **BAH**, with **OH** or **UH**, raising the straight legs forward (Fig. 101).

- 16 Bend and straighten the arms as often as possible, first with **UH**, then with **OH**.
- 17 At the right end of the bar **HH**; **OH**; travel left sideways with a half turn left and right alternately.

EXPLANATION. — The right shoulder moves forward; the right hand takes **OH** on the opposite side of the bar, the left hand retains **UH**; then the same left forward.

- 18 At the right end of the bar, **UH**; travel left sideways with a half turn backward. Continue changing from **UH** to **OH** alternately.

LESSON 2.

HIGH BAR.

- 1 Crosshang, right and left hand in **OH**; on the opposite sides of the bar; bend the arms; raise the right leg forward, throwing it over the bar from the right side into a crosskneehang; the arms extended; the left leg and body parallel with the bar, change to **CH**, and **JO**.
- 2 The same left.
- 3 As Exercise 1, changing to **EH** right and place the left hand on the hip (Fig. 102); back to kneehang and **CH**, and **JO**.
- 4 The same left; execute the change from the kneehang to **CH** several times.
- 5 As Exercises 3 and 4 alternately.
- 6 **HH** and **OH** shortswing forward and backward from four to eight times; **JO**.

EXPLANATION. — The body remains under the bar; swing the legs forward and backward alternately; with the backward swing arch the back well, throwing the chest forward, and bending the arms slightly; jump off with the backwardswing.

- 7 **HH**; **OH**; shortswing forward, backward and forward, and then turn over backward into a squatdrop-hang, the soles of the feet against the bar, the knees and hips flexed between the hands; turn forward into **HH**; **JO**.

- 8 As Exercise 7, and turn over backward into the rearhang; **JO**.

EXPLANATION. — The knees extended, the hips flexed.

- 9 As Exercise 7, and inner side-kneehang right; change to squat-

- drophang ; to **HH** ; and **JO**. See Exercise 1.
- EXPLANATION.** — Squat through right, throwing the leg over the bar forward ; extend the left leg forward in a line with the trunk, the arms straight (Fig. 103).
- 10 The same left.
- 11 The same as Exercise 9, with the outer-kneehang right.
- 12 The same left!
- 13 As Exercise 9, and swing the left leg upward and downward, flexing the left hip ; stop the

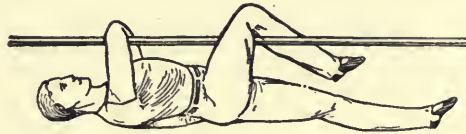


Fig. 102.

- swing, turn backward, squatting through left backward into the rearhang ; **JO**.
- 14 The same left.
- 15 As Exercise 13, and innerknee-swingup right forward ; drop backward into kneehang ; squat forward into the **HH**, and **JO**.
- 16 The same left.
- 17 As Exercises 15 and 16, with outerkneeswingup forward.
- 18 As Exercise 15, and kneewheel

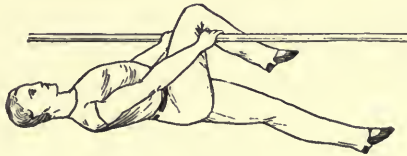


Fig. 103.

- right backward ; and drop into the kneehang right ; turn backward into the rearhang ; **JO**.
- EXPLANATION.** — One and one-quarter circle backward.
- 19 The same left.
- 20 As Exercises 18 and 19, with outer-kneewheel backward.
- 21 As Exercises 18, 19, and 20, without dropping backward into the kneehang (in one swing) ; change both hands to **UH** ; turn over or drop forward into the kneehang ; to **HH**, and **JO**.

P. S. — If necessary, all the kneehangs and kneeupswings can be taken through more thoroughly on the low bar.

LESSON 3.

LOW BAR.

Height of the shoulders.

- 1 **FSS** ; **OH** ; jump into **FR** ; half circle with the right leg forward, inward (Fig. 104) ; half circle backward, outward ; **JO**.

EXPLANATION. — The right leg describes one half circle forward over the bar, passing under the

right hand, which should be replaced, the body supported by means of the hands ; the right leg extended downward.

- 2 The same left.

- 3 As Exercises 1 and 2 alternately.



Fig. 104.



Fig. 105.

- 4 As Exercise 1, but half circle with the right leg backward inward into the **FR**.

EXPLANATION. — The right leg passes backward under the left hand.

- 5 The same left.

- 6 **FSS** ; **OH** ; jump into the **FR** ; a half circle with the right leg forward ; outward and a half circle backward inward ; **JO**.

EXPLANATION. — In the half circle forward the right leg passes under the left hand.

- 7 The same left.

- 8 **FSS** ; **OH** ; jump into the **FR** ; half circle with the right leg forward inward ; crotchwheel backward several times, half circle with the right leg backward, and **JO**.

- 9 The same left.

- 10 As Exercise 8, but from a **FSS** jump and at the same time half circle with the right leg forward, outward ; change to **UH**, and crotchwheel forward.

- 11 As Exercise 8 ; after half circle forward a quarter turn left, both

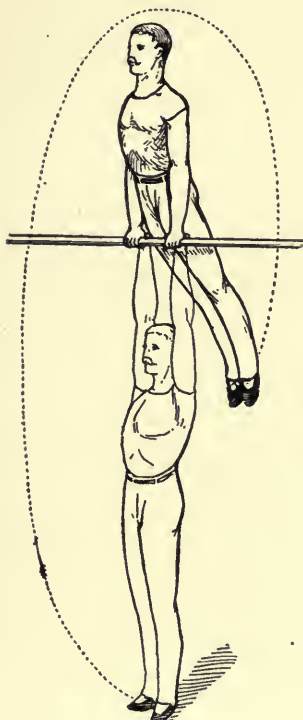


Fig. 106.

hands in front of the body in outerhold ; crotchwheel sideways left or right.

EXPLANATION. — For the crotchwheel right sideways the left hand should be in front of the right, and *vice versa*.

- 12 Innerkneehang left ; throw the right arm forward over the bar ; into the **SH** ; right ; and wheel backward.
- 13 The same opposite also with hands close together.

- 14 **RSS**. Throw the arms over the bar, the forearms under and forward ; the hands pressed against the chest, and swing forward and backward in the rear upperarmhang (Fig. 105).

- 15 As Exercise 14, with upperarmwheel forward.

- 16 **FSS** ; **OH** ; frontswingup backward into the **FR** ; **JO** backward (Fig. 106).

EXPLANATION. — The legs swing over the bar, at the same time bring the hips against the bar, flexed ; then, by means of the arms and a straightening of the hips, raise the body into **FR**.

- 17 Frontswingup backward ; swing the legs forward under the bar, bending the arms slightly ; then swing backward ; the body free from the bar into the free **FR** ; **JO**.

- 18 As Exercise 17, and a fronthipwheel backward ; **JO**.

EXPLANATION. — With the forward swing execute a complete turn backward around the bar at the moment when the hips touch the bar.

- 19 Frontswingup backward ; half circle with the right leg forward ; inward ; the same left into the **RR**, **OH**. Sittingwheel backward (see kneewheel backward).



Fig. 107.

- 20 As Exercise 19, but with one leg or both legs outside of the hands.

21. Turn over backward into the nesthang several times. Also with extending one leg backward (Fig. 107).

EXPLANATION. — The toes against the bar, the knees and the body pressed through backwards, the back well arched, the head up.

P. S. After learning the exercises of this lesson thoroughly, take them on the bar raised a few feet higher.

LESSON 4.

HIGH BAR.

- | | |
|---|--|
| <p>1 Side HH ; OH ; longswing forward and backward ; JO.</p> <p>EXPLANATION. — Bend the arms, raise the legs forward, the feet above the bar ; then extend the hips and arms, throw the chest forward ; arch the back well, at the same time pushing the body as far as possible. Then swing backward, renewing the hold by slightly moving the hands over the bar at the beginning of the forward swing. Repeat several times, and jump off with the backwardswing.</p> <p>2 Longswing, and raise the left hand at the end of each backwardswing, replacing it immediately. The same right and alternately ; JO.</p> <p>3 As Exercise 2, raising both hands simultaneously.</p> <p>4 At the left end of the bar, longswing and travel sideways right. Move the right hand first, following with the left at the end of the backwardswing.</p> <p>5 The same opposite.</p> <p>6 As Exercise 4, moving both hands simultaneously.</p> <p>7 The same opposite.</p> <p>8 Longswing, and raise the knees in forwardswing ; also spread the legs in forward and backwardswing.</p> | <p>9 HH ; UH ; longswing, change right and left hand to OH ; at the end of the backwardswing ; also both hands simultaneously.</p> <p>10 HH ; OH ; longswing, at the end of the forwardswing change to an outerkneehang right ; to HH ; JO.</p> <p>11 The same left.</p> <p>12 As Exercise 10, changing to a squatdrophang ; turn backward into a rearhang ; JO.</p> <p>13 As Exercise 10, changing to an innerkneehang right ; to a HH, and JO.</p> <p>14 The same left.</p> <p>15 HH ; OH ; longswing, with the backwardswing change to EH right ; to HH, and JO.</p> <p>16 The same left.</p> <p>17 As Exercise 15, but from EH to SH ; then HH and JO.</p> <p>18 The same left.</p> <p>19 As Exercise 17, with both arms EH, then to upperarmhang, forearms crossed, the hands OH ; back to HH ; JO.</p> <p>20 Shortswing and half turn backward into a squatdrophang ; extend the legs upward in front of the bar to a frontdrophang ; bend the arms and pullup backward into the FR ; lower backward slowly to HH, and JO.</p> |
|---|--|

- 21 **UH** frontpullup backward into the **FR**; **OH**; lower backward to **HH**, and **JO**.

EXPLANATION. — Similar to Exercise 20, but without the swing and squatdrophang, the knees extended.

- 22 As Exercise 20, turning forward into a squatdrophang; to **HH**, and **JO**.

- 23 **HH**, **OH**; shortswing forward, backward and forward with a jerkup forward to a **BAR** right (Fig. 108); lower to **HH**, and **JO**.

- 24 The same left.

- 25 As Exercise 23, pushing left into the **FR**; turn forward, the hips flexed, until the toes touch the bar; lower with extended legs to **HH**, and **JO**.

- 26 The same left.

- 27 As Exercise 25, to **FR**; then front-

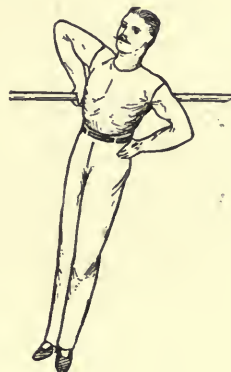


Fig. 108.

hipwheel backward, and finish as in Exercise 25.

GRADE II.

LESSON 1.

LOW BAR.

Shoulder height.

- 1 At the left end of the bar **FR**; **OH**; travel sideways right moving both hands simultaneously (hopping). The same left.
- 2 **FR** as in Exercise 1; a half circle with the right leg forward outward; the legs in the crossstraddle position between the hands; travel as in Exercise 1. The same left.
- 3 As Exercise 2; stop in the middle of the bar; crotchwheel backward; one half circle left forward, and with one quarter turn right **JO**.
- 4 The same left; also forward right and left.
- 5 **FR**; **OH**; one half circle right forward inward; left forward inward into the **RR**; **UH**; lower to a rear **BAR**; swing the body forward and backward; stop and lower the body to rearhang (**RH**) **JO**.
6. **RSS**; throw both arms over the bar backward, forearms under the bar, and the hands pressed against the chest; the body hanging on the upper arms (rear upperarmhang); swing and rear upperarmwheel forward; **JO**.
- 7 As Exercise 5, lowering into a rear upperarmhang and wheel as in Exercise 6.

- 8 As Exercise 7, with a rear **BAR** wheel **UH** backward; **JO**.

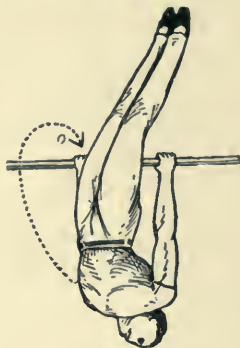


Fig. 109.

- 9 **FSS**; **OH**; turn over backward into a reardrophang, the hips extended, rearpullup forward into **RR** (Fig. 109); change to **UH**;

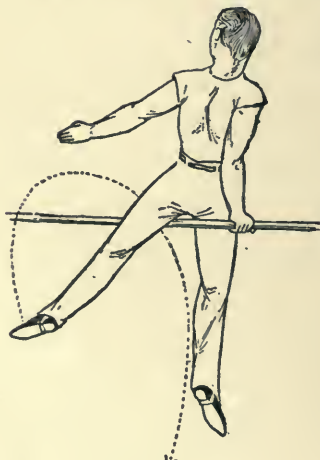


Fig. 110.

and sittingwheel forward; **JO**.
The same backward with **OH**;
JO.

- 10 **FSS**; **OH**; jump and mount by a half circle with the right leg forward inward, change the right hand to **UH**, then dismount by a half circle left forward inward and one quarter turn right into the **LCS**. Turn dismount forward left (Fig. 110).
- 11 The same left. Execute Exercises 10 and 11 without a stop.
- 12 As Exercise 10, with a half circle right forward outward. The same left.

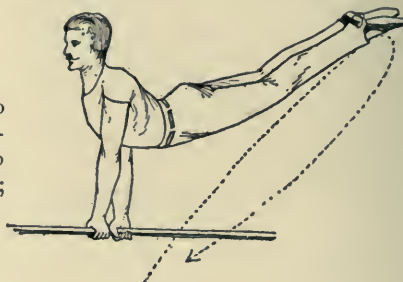


Fig. 111.

- 13 **FR** right hand **UH**, left hand **OH**, and frontvault right into the **RCS** (Fig. 111).

EXPLANATION. — Swing the legs forward and backward, and then with a quarter turn right the body passes in a horizontal position over the bar, facing it.

- 14 The same opposite.
- 15 **RR**; **OH**. Flankvault left into **RSS**.

EXPLANATION. — Similar to Exercise 13, but without the quarter turn right.

- 16 The same left.
- 17 **FR**; **OH**. Rearvault right into **LCS** (Fig. 112).

EXPLANATION. — With a quarter turn left, raise the legs forward to a right angle, clear the bar facing from it; replace the left hand, raising the right arm sideways, when landing; change to the fundamental position.

18 The same left.

19 As Exercises 10, 11, and 12 from a FSS.

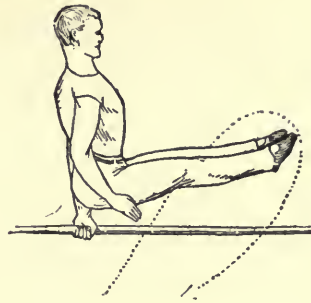


Fig. 112.

LESSON 2.

HIGH BAR.

HH, OH.

1 Longswing, during the backswing change to **EH**; right swing; forward and change to **HH**; **JO**.

2 As Exercise 1, left; also with both arms.

3 As Exercise 1 from **EH**; change to **SH**; back to **HH**, and **JO**.

4 The same left; also with both arms.

5 As Exercise 1, but to **SH**, then swingover backward into the **FR**. Underswing (**US**) **JO** into the **RSS**.

EXPLANATION. — **US JO** is similar to the beginning of taking a longswing. See Exercise 1, Lesson 4, Grade I.

6 The same left; also with both arms.

7 **OH LS**; turn backward into the squatdrophang; to a **RH JO**.

8 As Exercise 7, but from the squatdrophang change to an innerkuechang right; kneepswing forward; kneewheel backward; change to **UH** and kneewheel forward; lower forward into the kneehang; change to **RH**; **JO**.

9 The same left.

10 **LS**; turn as in Exercise 8, and

outer kneepswing right forward; one half circle right backward outward into the **FR**; **US JO**.

11 The same left. As Exercise 10 and 11 without a stop.

12 As Exercise 10, with inner kneepswing right forward; change the right hand to **UH**; raise the left leg sideways and hook it under the bar and wheel forward; half circle left forward inward into the **RR**; **JO**.

13 As Exercise 12, with crotchwheel backward, **OH**; (Fig. 113), change the right hand to **UH**, turn, dismount forward left into the **RCS**.

14 The same left.

15 **LS**; **OH** and crotchupswing forward right; dismount as in Exercise 13.

EXPLANATION. — Similar to the inner kneepswing, but with both knees extended.

16 As Exercise 15; then a half circle left forward, inward into the **RR**; change to **UH**; lower forward into the **RH**; then forward into the **HH**; **JO**.

17 The same left.

18 As Exercise 16, but lower backward into the **RH**. The same left.

19 **LS** and frontswingup backward into the **FR**; fronthipwheel backward **US**; **JO**.

EXPLANATION. — With the forward swing bend the arms and hips slightly, throw the hips against the bar, at the same time raising upward to a **FR**.

20 **LS** and erotehsingup forward right; a half circle left forward inward into the **RR**; change

to **UH**; raise the legs forward and drop into the rear **BAR**; straighten the hips and wheel forward (Fig. 114); lower to the **RH**, and **JO**.

21 The same left.

22 Shortswing forward backward; forward and jerkup forward into the **FR**; lower backward into the **HH**; **JO**.

EXPLANATION. — First come to **BAR** right, follow immediately with the left, and straighten the arms.

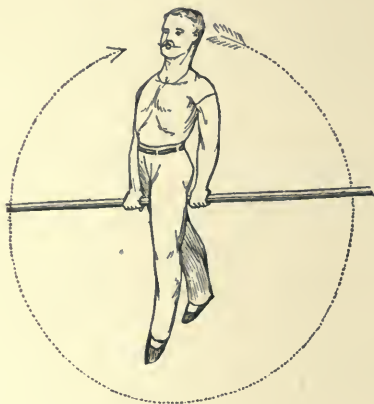


Fig. 113.

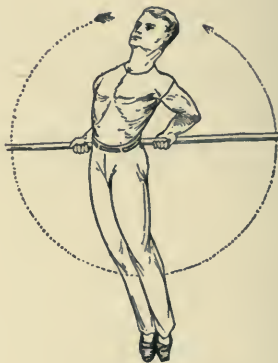


Fig. 114.

LESSON 3.

HIGH BAR.

HH OH.

- 1 Raise the legs forward; raise them upward; instep touching the bar to a half drophang; squat backward and extend the hips to a reardrophang; lower backward to a **RH** (the hips flexed or extended while lowering); turn forward into the **HH**; **JO**.
- 2 As Exercise 1, but while in **RH** re-

lease the hold with the right hand; execute one complete turn around the left arm; both hands **OH**; **JO**.

3 The same opposite.

4 As Exercise 1, to a reardrophang; then a rearpullup forward into the **RR**; **JO** forward.

5 As Exercise 4, with a rearswingoff backward into the **SS**.

EXPLANATION. — Before swinging off, lower the body forward so that the back rests against the bar (Fig. 115); then with extended hips turn over backward and release the hold.

- 6 **UH**; **LS** and inner kneeswingup right forward; with a half circle left forward inward, dismount, or **JO** into the **RSS**.
- 7 The same opposite; also with a quarter turn right into the **RCS** and **LCS**.
- 8 Swingup as in Exercise 6; then a half circle left forward into the **RR**; **UH** and sittingwheel forward and **JO** forward in a continued swing.
- 9 **HH** right hand **OH**; left hand **UH**; and **LS** inner kneeswingup right forward with half turn left, changing the right hand to **OH** extend the right leg, bend the left, the body resting on the left thigh, outer kneewheel left backward three times; half a circle left backward outward; hipwheel backward and **US**; **JO** in a continued swing.
- 10 The same left.
- 11 **HH**; **LS**; with the forward swing half turn left, the same with the next forward swing; repeat several times (Fig. 116).



Fig. 116.

- 15 **HH OH**; **LS** and turn backward into the reardrophang; rearpull-up forward; half turn left into

EXPLANATION. — With the half turn release the hold of both hands and take **OH** on the opposite side of the bar.

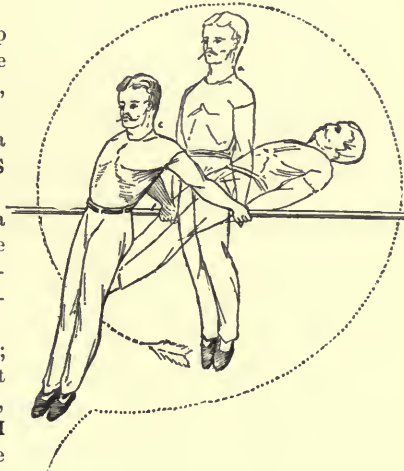


Fig. 115.

- 12 The same right.
- 13 As Exercise 11; after the half turn, crotchswingup right forward; half turn left crotchwheel backward; **US JO**.

EXPLANATION. — The left leg squats forward with the **US** and **JO**.

- 14 The same opposite.

the **FR**; hipwheel backward with a **JO** backward into the **FSS**.

- 16 The same opposite.
 17 As Exercise 15, but in a continued swing, that is to a **RR**.
 18 The same opposite.
- 19 **HH**; **LS** and change to **SH** right; to **FR**; with a backward swing frechlpwheel backward two times and **US JO**.

LESSON 4.

HIGH BAR.

- 1 **HH**; **OH**; and **LS**; turn backward to an innerkneehang right and left; release the hold of both hands; straightening the hips and with a forward swing execute a dropkneehang; swingoff into the **RSS** (Fig. 117).
- 4 **HH**; **OH**; **LS**; and frontswingup backward into the **FR**; half turn left backward into the **RR UH**; and a backwheel forward; lower forward into the **RH**; **JO**.
- 5 The same opposite.
- 6 **LS** several times, then during the forward swing keep the hips extended so that the body swings into a horizontal position; break the swing by suddenly bending the hips and throwing the feet against the bar and quickly dropping the legs to **HH** and **JO**.



Fig. 117.

EXPLANATION. — Dropkneehang: body hangs in the kneejoints, the hips extended, the head downward.

- 2 As Exercise 1, to an innerkneehang right and left, swing backward and forward several times and execute a sitting upswing backward into the **RR**. Half circle right and left backward, inward into the **FR**; right hand **UH**; frontvault left into the **RCS**.
- 3 The same opposite.
- 7 As Exercise 6; but instead of dropping the legs, throw them forcibly forward from the bar, at the same time pull the body upward; forward to a **BAR** right; with the next backwardswing straighten both arms to a **FR**; **US**; **JO**.
- 8 The same left. Exercises 7 and 8 can also be done to **SH** right.
- 9 **UH**; frontpullup backward into the **FR**; change to **OH** and lower backward slowly into the **HH**, holding the legs forward in position; lower the legs; **JO**.
- 10 **OH**; frontpullup backward; lower backward into a half drophang, turn backward into the **RH**; turn forward into the **HH**; **JO**.
- 11 **HH**; shortswing jerkup forward right and follow quickly with the left into the **FR**; **US** into the **HH**;

LS swing backward forward and frontswingup backward into the **FR**; **US JO**.

EXPLANATION. — A frontswingup backward is similar to a frontpullup backward.

GRADE III.

LESSON 1.

LOW BAR.

Height of the shoulders or hips.

FR; **OH**.

- 1 Circle right forward inward into the **FR** and flankvault right into the **RSS**.
 - 2 The same left.
 - 3 Circle right forward outward into the **FR** and frontvault left into the **RCS**.
 - 4 The same opposite.
 - 5 Circle right forward inward, left forward inward and rearvault right into the **LCS**.
 - 6 The same opposite.
 - 7 Flankswing left (half circle with both legs) forward into the **RR**; flankswing right backward into the **FR** and squatvault forward into the **RSS**.
- EXPLANATION.** — The legs pass through between the hands, the knees bent and together.
- 8 The same opposite.
 - 9 The above exercises can also be done from a **FSS**.
 - 10 **FSS**; **OH**; squat forward into the **RR**, separate the legs, sit on the bar and change both hands to an inner close hold (the hands together), then straddle sitting-wheel backward. **JO** forward. This can be done at first with one hand on the outside.
 - 11 **FSS**; **OH**; straddle vault forward into the **RSS**.

- 12 As Exercise 11, but into the straddle seat, and wheel backward as in Exercise 10.

- 13 **FR**; squat forward right into a crossstraddlerest (the right leg forward, the left backward), shears left sideways; squat left backward into the **FR** and flankvault left into the **RSS**.

EXPLANATION. — Shears: one half circle right backward, inward and left forward, inward; the legs crossing over the bar at the same time.

- 14 The same opposite.
- 15 As Exercise 12, after the wheel drop backward into an inner-kneehang right and kneeswingup forward, with a half circle left forward dismount.
- 16 The same opposite.
- 17 **FSS**; **UH**; frontswingup backward; raise the trunk and straddle the legs sideways; hook the toes under the bar and toewheel forward (Fig. 118); **JO** backward.
- 18 **FR**; squat forward into the **RR**; squat backward into the **FR**; hipwheel forward; squatvault forward into the **RSS**.
- 19 **FR**; **OH**. Turn over (handspring) forward.

EXPLANATION. — Swing the legs forward under the bar, bending the hips and arms slightly ; then swing them backward upward and turn over forward, executing

a complete turn, landing on the feet. Push off strongly with the hands, the back well arched. Exercise this at first with bent arms, then with extended arms.

P. S. Learn the above exercises thoroughly before attempting them on the high bar.

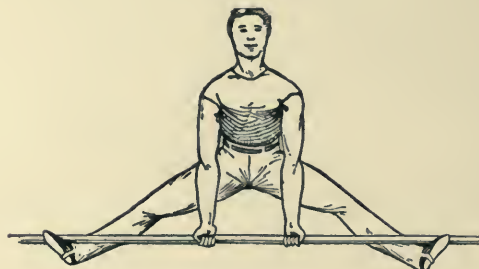


Fig. 118.

LESSON 2.

HIGH BAR.

HH.

- 1 The right hand **UH** ; the left **OH** ; **LS** and inner kneeswingup right forward and with a half circle left forward inward and a half turn right come into the **FR OH**, frontwheel backward with a **JO** backward into the **FSS**.
- 2 The same opposite.
- 3 **OH** ; **LS** ; sitting swingup forward ; sittingwheel backward into the **RR** and swingoff backward into the **FSS**.
- 4 As Exercise 3, with sittingwheel forward with **UH** ; and **JO** forward into the **RSS**.
- 5 As Exercise 3, with a straddle sitting swingup, forward wheel backward and **JO** forward.

- 6 **HH**, **OH** ; frontpullup forward into the **FR**, change right to **UH** and frontvault left into **RCS**.
- 7 The same left.
- 8 As Exercise 6, with squatvault forward into the **RSS**.
- 9 **HH** ; **OH** ; shortswing jerkup forward into the **FR** ; drop backward into the **HH**, and again the shortswing jerkup **US** ; **JO**.
- 10 **HH** ; **OH** ; frontpullup forward, a half turn left into the **RH**. Lower the body forw. with extended hips and knees into the reardrophang ; turn forward into the **HH** ; **JO**.
- 11 **HH** ; **OH** ; **LS** a half turn left in the forward swing and a front-

- swingup backward into the **FR** ; **US** ; **JO**.
- 12 The same opposite.
 - 13 **LS** and a rearswingup forward into the **RR** ; rearhipwheel backward ; **JO** forward.
 - 14 As Exercise 13 with **UH** and a backwheel forward into the rear **BAR** ; a half turn left into a front **BAR**, push up forward and straighten the arms into the **FR** ; squatvault forward.
 - 15 The same opposite.
 - 16 **HH** ; **OH** ; **LS** and longswing jerkup forward into the **FR** ; **US** **JO**. See Exercise 7, Lesson 4, Grade II.
 - 17 As Exercise 16, and a freehip-
 - wheel backward with **JO** backward.
 - 18 As Exercise 17, with a rearvault right into the **LCS**.
 - 19 As Exercises 16, 17, and 18 with **UH** ; for the longswing jerkup and **OH** for the rearvault.
 - 20 **LS** and longswing jerkup forward ; freehipwheel backward into the **FR** ; change to **UH** and swing over forward into the **HH** ; **LS** and **JO** at the end of the backwardswing.
 - 21 As Exercise 20, but at the end of the backwardswing, change to **OH**, and frontswingup backward into the **FR** ; flankvault left into **RSS**.
 - 22 The same opposite.

LESSON 3.

HIGH BAR.

- 1 **HH** **OH** ; turn backward into the reardrophang ; lower backward into a rear horizontal lever (head, trunk, and the legs in one line) ; lower into the **RH** ; **JO**.
- 2 As Exercise 1, but from the lever, rise to a reardrophang, squat forward into a frontdrophang ; lower into the **HH**, the legs forward ; lower the legs ; **JO**.
- 3 Raise the legs forward ; frontpullup forward ; turn forward into frontdrophang ; squat backward into a rearlever, then sink to a **RH** ; release the hold right and four quarters turn around the left arm into the **HH** and **JO**.
- 4 The same opposite.
- 5 Frontpullup backward into the **FR** ; lower backward into the **HH**, the legs being held forward and repeat ; lower the legs and **JO**.
- 6 **HH** ; **OH** ; longswing jerkup forward ; swing out backward and repeat ; **US** **JO**.
- 7 Longswing jerkup forward ; squat forward right ; shears left sideways ; a half circle left backward outward and flankvault right.
- 8 The same opposite.
- 9 Longswing jerkup forward ; freehipwheel backward and squatvault forward.
- 10 As Exercise 9, but after the freehipwheel, swingout backward and rearswingup forward into the **RR** ; **JO** forward with a half turn into the **FSS**. The same opposite.
- 11 Longswing jerkup forward ; **US** and repeat with a rearvault right.
- 12 The same left.

- 13 **HH**; **OH**; longswing pullup forward with a frontwheel backward, and **JO** backward (similar to a slow pullup).
 14 As Exercise 13, with **UH**; but change to **OH** for the frontwheel.
 15 **UH LS** and rearswingup forward into **RR** with a half turn left into the **FR**; squat forward and **JO**.



Fig. 119.

LESSON 4.

HIGH BAR.

- 1 **UH** longswing jerkup forward; swingover forward and longswing pullup forward into the **FR**; change to **OH** and freehip-wheel backward; rearvault right into the **LCS**.
- 2 The same opposite.
- 3 **UH** longswing pullup forward; toewheel forward with a swingover forward; at the end of the backwardswing change to **OH** and rearswingup forward with **JO** forward.
- 4 **OH**, longswing jerkup forward with a circle right forward inward and flankvault right into the **RSS**.
- 5 The same left.
- 6 As Exercise 4, but circle right forward, outward and a rearvault right into the **LCS**.
- 7 The same opposite.
- 8 Longswing jerkup forward and a flankvault left.
- 9 The same right.
- 10 As Exercise 8, with a rearvault left.
- 11 The same right.
- 12 As Exercise 8, with a rearvault right.
- 13 The same left.
- 14 As Exercise 8, with squatvault forward.
- 15 As Exercise 8, with a straddle-vault forward.
- 16 **HH**; **UH** right hand, **OH** left hand; the hands close together; raise the legs forward, at the same time executing a half turn left; bend the arms and pullup right forward into the **BAR** right; extend the hips, release the hold left, and a half turn left; into the rear **BAR**; take **UH** left lower to a rearlever. **JO**.
- 17 The same opposite.
- 18 **HH** hold as in Exercise 16, the hands apart; turn over backward to a rearlever; move the hands close together; one quarter turn right and change to a **BAR** right; lowering the legs, release the hold left, change to **OH** left; a quarter turn right

and push upward into the **FR** ; lower backward into the **HH**, the (Fig. 119) legs forward ; **JO**.

19 The same opposite.

20 **HH** ; **OH** 1 longswing jerkup forward into the **FR**, dropjerkup forward ; rearvault right into the **LCS**.

EXPLANATION. — Dropjerkup : similar to the longswing jerkup, drop the trunk backward, the feet against the bar, swing them from the bar about 4 to 6 inches, return and forcibly straighten hips, jerkup up to **FR**.

21 **HH** ; **OH** ; longswing pullup, with a half circle right and left forward inward ; also forward outward ; also with front, rear, flank, squat, or straddle vaults forward.

22 **HH** ; **OH** ; **LS** ; and frontswing-over backward with longswing jerkup forward ; dropjerkup forward ; **US** ; **JO**.

EXPLANATION. — Frontswingover is similar to a frontswingup backward, without stopping and touching the bar ; the body again coming into the **HH** and **LS**.

23 **HH** ; **OH** left hand, **UH** right hand ; **LS** and with the backwardswing release the hold left a half turn left, taking **OH** left and raising feet to the bar with the turn and a longswing jerkup forward into the **FR** ; freehipwheel backward with **JO**.

24 The same opposite.

25 Shortswing jerkup forward ; drop

into the **HH** and repeat and flankvault left forward.

26 **HH** ; **OH** ; longswing jerkup forward ; underswing and longswing pullup forward ; dropjerkup forward and high frontvault left. The same opposite.

27 The same as Exercise 26, but swing to a handstand (Fig. 120), squat forward. **JO**.

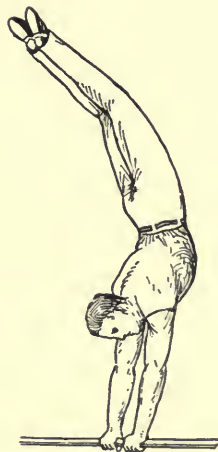


Fig. 120.

28 **HH** ; **OH** ; front pullup forward into the **FR** ; lower forward into a frontlever ; squat backward to a rearlever ; rise to a reardrop-hang and rearpullup forward into the **RR** ; change to **UH** and lower forward to a rearlever **JO**.

29 The same as Exercise 27, with **UH** and giant swing forward.

30 The same as Exercise 27, and giant swing backward.

REMARKS. — A great variety of exercises can be done on the horizontal bar combined with buck, parallel bars, or vaulting board.

PARALLEL BARS

BY A. E. KINDERVATER

THREE sets of graded exercises for parallel bars, each set containing six lessons, three of which begin from the crossstand, or crossrest, i.e., the bars running at right angles to the width of the body; and three from the sidestand or siderest, i.e., the length of the bars running parallel with the width of the body.

ELEMENTARY GRADE.

LESSON 1.

Crossstand facing the bar, the hands grasping the ends.

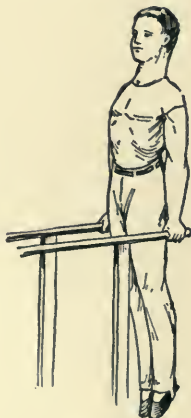


Fig. 121.

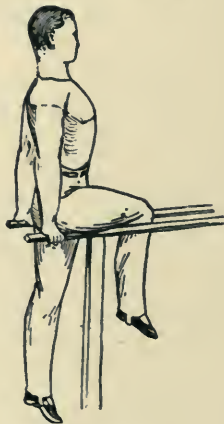


Fig. 122.

- 1 Hop up into the rest; the head erect, the back hollow, the legs pressed together and straight, the

toes down. Resume the first position (or stand). Repeat this several times (Fig. 121).

- 2 Rest as in Exercise 1, and raise the legs forward or backward, right and left alternately, or both (straight or bent legs).
- 3 Rest as in Exercise 1, turn the body to the right and left alternately (around the longitudinal axis).
- 4 Rest as in Exercise 1, raise the straight legs forward and backward right and left alternately and both; also left forward, and right backward, or *vice versa*.
- 5 Rest as in Exercise 1, lift the hands (for a moment) right and left alternately or both (hop in place).
- 6 Rest as in Exercise 1, travel, lifting the hand and grasping forward with the right hand, and return; also left, and return.
- 7 Rest as in Exercise 1, travel forward, grasping three times with the right and three times with the left hand.
- 8 Rest as in Exercise 1, travel forward, grasping right and left alternately.
- 9 Rest as in Exercise 1, hop forward to the other end (short hops, both hands grasping forward simultaneously).



Fig. 123.

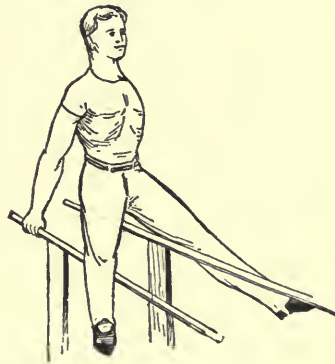


Fig. 124.

LESSON 2.

Mounts and Dismounts.

Crossstand facing the bars, the hands on the ends.

- 1 Mount to inner crosseat on the right thigh, in front of the right hand (Fig. 122). Dismount into the first position; repeat several times. The same exercise left.
- 2 Mount into the ridingseat, in front of the right hand (Fig. 123). Dismount into the first position. The same exercise left.
- 3 Mount into the straddleseat in front of the hands on both bars (Fig. 124). Dismount into first position.

- 4 Mount into the outer crossseat left in front of the right hand (Fig.



Fig. 125.

125). Dismount into the first position. The same exercise left.

- 5 Turn and jump into the rest, back

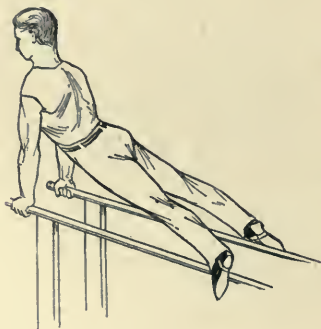


Fig. 126.

- 8 Rest in the centre of the bars; swing the body backward into the squatting position right (place the right foot on the right bar behind the hand, the knee

to the bars; swing the body backward and place one foot on each bar — front cross-leaningrest (facing the bars, the arms, legs, and body straight). Swing through forward, jump off and alight on both feet, the back to the bar (Fig. 126).

- 6 Rest facing the bars; swing the body forward and place one foot on each bar, the outer edge of the feet resting on the bars (extend the legs and arch the back), rear cross-leaningrest, back to the bars (Fig. 127), swing through backward, jump off and alight on both feet facing the bars.

- 7 Cross-leaningrest facing the bars as in Exercise 5, draw the feet toward the hands into the squatting position (knees outside of the arms, the head erect). Resume the first position and alight as in Exercise 5.

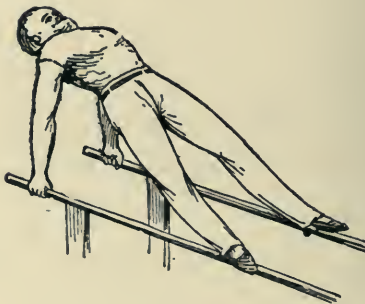


Fig. 127.

bent, the left leg extended downward between the bars, the head erect). Alight and stand in the centre of the bars.

- 9 Rest in the centre of the bars; squatting position, right foot on the left bar (behind the hand, the left leg extended downward, on the outside of the left bar). Jump off sideways left.
- 10 As Exercise 8, with the left leg extended downward, on the outside of the right bar; also changing from the squatting position on one bar over into the other. Jump off sideways.

LESSON 3.

Upperarmhang and Kindred Exercises.

- 1 Upperarmhang in the centre of the bars (Fig. 128). Resume stand in the centre of the bars.
- 2 Armhang as in Exercise 1, raise the knees; the heels; swing the straight leg forward, backward, and sideways right and left alternately, or both. Resume stand in the centre.
- 3 Armhang as in Exercise 1, and swing the body forward and backward. Resume stand in the centre.
- 4 Armhang as in Exercise 1, swing as in Exercise 3, and in the fore-swing straddle the legs, hollow the back, the arms and the thighs resting on the bars (lying on the bars the body horizontal, the face upward). Resume the hang and stand in the centre.
- 5 Armhang as in Exercise 1, swing the body as in Exercise 3, and in the backswing straddle the legs sideways over the bar (remain lying on the bars on arms and thighs, face downward). Resume the hang and stand in the centre.
- 6 Armhang as in Exercise 1, swing forward and lie on the bar as in Exercise 4, raise the body into the straddleseat in front of the hands. Dismount sideways right or left.
- 7 Armhang as in Exercise 1, swing backward and lie on the bar as in Exercise 5, raise the body into

the straddleseat behind the hands. Dismount sideways right or left.

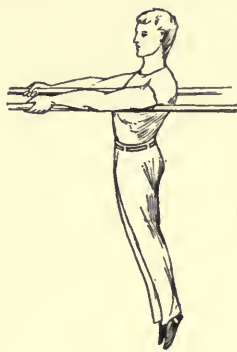


Fig. 128.

- 8 Armhang as in Exercise 1, swing as in Exercise 3, and in the fore-swing raise the body into the straddleseat in front of the hands, swing the body backward through the bars into the cross-leaning rest facing the bars (as in Exercise 5, Lesson 2). Alight sideways right or left.
- 9 Armhang as in Exercise 1, swing the body as in Exercise 3, and in the backswing raise the body into the straddleseat behind the hands, swing forward through the bars into the cross-leaning rest back to the bars (as in Exercise 6 of Lesson 2). Alight sideways right or left.

LESSON 4.

Hangstand and Exercises in the same.

Outer sidestand facing the bars, ordinary grasp on the nearer bar.

- 1 Front hangstand; place the feet forward below the bars (Fig. 129). Position.

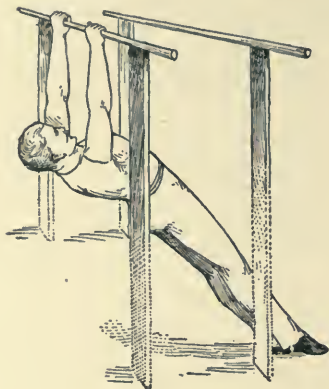


Fig. 129.

- 2 As Exercise 1, raise the legs forward or sideways right or left alternately (straight or bent); change the hands to the reversed, combined, or twisted grasp; bend and straighten the arms.
- 3 As Exercise 1, placing one or both feet against the second bar, bend and straighten the legs (the arms remain straight).
- 4 As Exercise 1, placing one or both legs over the second bar into a kneehang on one or both legs; the hands remain on the first bar (Fig. 130).
- 5 As Exercise 1, placing the heels against the second bar (the arms and legs straight); while in this position, raise one or the other leg towards the first bar, or move

sideways right and left; also bend and straighten the arms; change grasp, etc.

- 6 As in Exercise 1, raising the body upward between both bars into the reversedhang (the feet upward, the head downward); while in this position, lower the body onto the second bar by bending the arms and pushing the body over. Jump off forward.
- 7 As Exercise 1; raise the knees, between the hands; toes against the inside of the first bar; bend the body through into the nest, and return.
- 8 As Exercise 1, raising the knees and squat through between the hands; turn the body over backward, the feet on the floor (extending the arms, legs, and back), into the rearhangstand (Fig. 131).

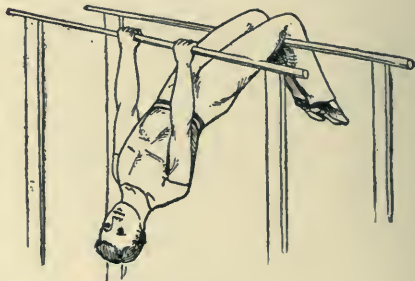


Fig. 130.

- 9 As Exercise 8, bend the knees, squat through and straighten the body over into the reversedhang (feet upward, the head downward), on the outside of the first bar, and return.

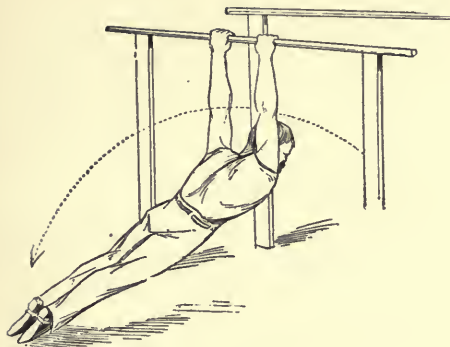


Fig. 131.

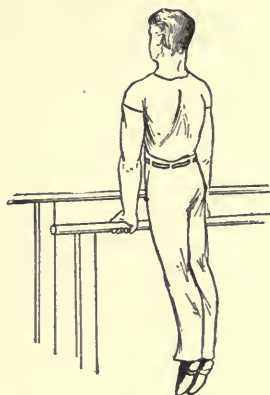


Fig. 132.

LESSON 5.

Rests and Mounts.*Sidestand, facing the bars.*

- 1 Sidestand in front of the bar, the hands on the first bar, ordinary grasp; hop into the siderest, on the first bar (Fig. 132); repeat several times; the same adding exercises of the legs, as swinging the straight leg sideways right and left alternately or both (straddle), or placing the feet onto the nearer bar, the legs extended, sideways right and left.
- 2 Siderest on the first bar; swing the right or left leg over the first bar and return (half circle right forward).
- 3 Rest as in Exercise 2; grasp over onto the second bar, moving the body forward into the side-leaningrest, facing the bars (Fig. 133). Jump backward into the sidestand, the hands on the first bar.
- 4 As in Exercise 3; in the leaning-rest exercise the legs and arms; as kneeling, right knee on the first bar and extending the left leg backward, horizontally; *vice versa*, or kneeling on both knees; bend the arms, etc.
- 5 As Exercise 3, raise the right knee, and place the right foot on the



Fig. 133.

first bar, the other leg extended aslant downward (the arms straight); also with both feet on the first bar in the squatting position.

- 6 As Exercise 3, swing the right leg over the first and between both bars, execute a quarter turn left (three quarter leg circle). Resume the first position; the same left, and then alternately.
- 7 As Exercise 3, circle with the right leg, inward over the first bar;

the same left, and also alternately.

- 8 As Exercise 3; swing the right and the left leg over and sit on the first bar, the hands on the second (inner seat).
- 9 As Exercise 8, hook the toes under the second bar and bend the body backward until the hands touch the floor; or lower the body out horizontally, with the arms crossed on the chest (Fig. 134).

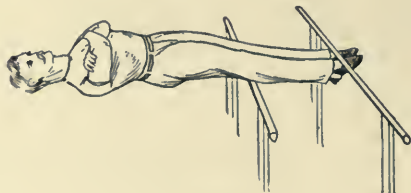


Fig. 134.

LESSON 6.

Mounts and Changes from the Cross and Siderest.

- 1 Crossstand facing the bars; mount into the inner sideseat, the right leg on the left bar at the side of the left hand (Fig. 135). Resume the stand, the same left, and alternately.
- 2 As Exercise 1, then swing the left leg in a circle over the left bar, at the same time turning the body one half turn to the right (and grasping forward with the left hand over onto the right bar) into the side-leaningrest facing the bars. Jump backward into the sidestand, the hands on the first bar.
- 3 Stand as in Exercise 1, mounting into the outer crossseat onto the right bar (see Lesson 2, Exercise 4). One quarter turn left, the right hand grasping over onto the left bar, into the side-leaningrest, facing the bars. Half a turn left into the outer sideseat on the right bar, both hands on the right bar; push off forward.
- 4 Stand as in Exercise 1, mounting into the side straddlenseat on both bars in front of the hands; one quarter turn to the left raising the body into the cross straddlenseat, left hand grasping reverse on the left bar (Fig. 136); alight by swinging the right leg forward over both bars, at the same time

turning the body one quarter turn to the left, the left hand keeps its hold. Turn dismount forward right.

- 5 Stand as in Exercise 1, mounting into the innerseat right on the left bar (as in Exercise 1), turn right about into the side-leaning-rest (as in Exercise 3); swing the left leg forward over both bars, the right hand grasping over onto the left bar, into the straddleseat behind the hands;

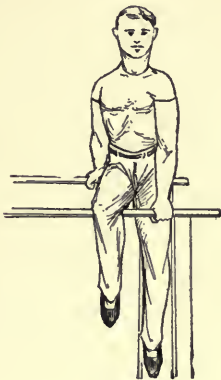


Fig. 135.

alight by swinging the right leg backward over both bars, and turning right into the sidestand, both hands on the first bar.

- 6 Stand as in Exercise 1, mount as in Exercise 3, half a turn left circling with the right leg through the centre again into the outer crossseat on the right bar (now in front of the left hand), facing the starting-point. Rearvault sideways right (over the other bar).



Fig. 136.

- 7 Stand as in Exercise 1, mount as in Exercise 1, turn right and circle the left leg forward over the left bar, through the centre and then onto the former right bar, into a side straddleseat in front of the hands; swing backwards through the bars into a cross-leaningrest, facing the bars; jump down sideways right or left.
- 8 Stand as in Exercise 1, mount as in Exercise 4, grasp forward with

the hands, swing through forward into the cross-leaningrest back to the bars, jump down sideways right or left.

- 9 Stand as in Exercise 1, mount as in Exercise 4, grasp forward-swing through forward, into the outer crossseat on the right bar, in front of the hand; swing through backward and vault over the left bar behind the hand. Frontvault left.

INTERMEDIATE GRADE.

LESSON 1.

Swinging in the Rest, with Exercises of the Arms and the Legs.*Crossrest in the centre of the bars.*

- 1 Swing forward and backward several times, the feet at least as high as the head, the arms straight (Fig. 137); vault over the right bar behind the hand. Frontvault right



Fig. 137 a.

- 2 Swing as in Exercise 1, and in the backswing open and close the legs above the bars (sidestraddle). Vault over the left bar in front of the hand. Rearvault left.
- 3 Swing as in Exercise 1, and straddle the legs sideways in the fore-swing (above the bars). Front-vault left.
- 4 Swing as in Exercise 1, and straddle the legs sideways in both back and foreswing. Rearvault right.
- 5 Swing as in Exercise 1, and cross-straddle the legs (right forward, left backward, or *vice versa*). Frontvault with one quarter turn left, facing the bars.
- 6 Swing as in Exercise 1, and in the backswing bend and straighten the legs (heels touching the seat). Rearvault left with one quarter turn right, facing the bars.

- 7 Swing as in Exercise 1, and in the foreswing bend and straighten the legs (the knees touching the chest). Frontvault left with one quarter turn right, facing the bars.
- 8 Swing as in Exercise 1, bend and straighten the legs, as in the Exercises 6 and 7 in the back and foreswing. Rearvault right with one quarter turn left, facing bars.
- 9 Swing as in Exercise 1, and in the backswing bend and straighten the arms. Rearvault left with one quarter turn left.
- 10 Swing as in Exercise 1, and in the foreswing bend and straighten the arms. Frontvault left with one half turn right.



Fig. 137 b.

- 11 Swing as in Exercise 1, bend and straighten the arms as in Exercises 9 and 10 in both back and foreswings. Frontvault right with one half turn left.

LESSON 2.

Swinging in the rest with lifting the hands alternately or simultaneously (walking or hopping) on and from place. Shearsmount, circling and straddling off at the end.

- 1 Crossrest at the end, facing the bars; swing and lift one hand momentarily from the bars in either back or foreswing, or the right hand in the fore, the left hand in the backswing, also lifting both hands simultaneously in either fore, back, or in both swings.
- 2 Swing as in Exercise 1, lift the hand and grasp forward (small steps), right and left alternately.
 - a. Only in backswing;
 - b. Only in foreswing;
 - c. In both back and foreswing, to the end of the bars (travelling forward).
- 3 Swing as in Exercise 1, and lift both hands simultaneously (hopping).
 - a. Only in the backswing;
 - b. Only in the foreswing;
 - c. In both back and foreswing, to the end of the bars.
- 4 The same as in Exercises 2 and 3, but travelling or hopping backward. Begin the exercise with back to the bars.
- 5 Swing as in Exercise 1, travel forward, the hands grasping forward alternately in each backswing to the end of the bars, swing backward to the front-leaningrest (facing the bars). Straddleoff forward over the right bar with one quarter turn to the left (the left hand remains on the left bar).
- 6 Swing as in Exercise 1, travel forward to the end of the bar, grasping forward on the foreswing; in the last backswing cross the legs and turn about into the straddleseat in front of the hands (shearsmount backward). Place the outer edge of the feet on the bars, raise the body with arched back into the back-leaningrest (back to the bars). Straddleoff backward over the left bar, alight facing the bars.
- 7 Swing as in Exercise 1, travel, grasping forward right and left with each swing to the end of the bars; swing back into the front-leaningrest (as in Exercise 5); bend and straighten the arms several times; straddleoff forward over both bars, alight back to the bars.
- 8 Swing as in Exercise 1; hop forward with both hands in the backswing to the middle of the bars; in the last foreswing cross the legs and turn about into the straddleseat behind the hands (shearsmount forward); grasp back to the ends of the bars and raise the body into the rear-leaningrest. Straddleoff backward over both bars, alight facing the bars.
- 9 Swing as in Exercise 1, and hop forward on both hands in each foreswing to the centre of the bars; shearsmount backward into the straddleseat (twice); grasp forward to the ends of the bars, swing through forward, back-

ward and straddleoff forward over both bars. Alight back to the bars.

- 10 Swing as in Exercise 1, and hop forward on both hands in the fore and backswing to the centre of the bars; shearsmount for-

ward into the straddleseat; grasp backward and shearsmount backward into the same seat; grasp forward to the ends of the bars, and turn over forward with bent arms, alight back to the bars (handspring).

LESSON 3.

Armhang, half turnover, uprise, upstart, and vaults.

- 1 Cross upperarmhang in the centre of the bars (Fig. 128; swing fore and backward several times; in the foreswing straddle the legs sideways above the bars, arch the back and lie on the bars (face up-



Fig. 138.

ward and body horizontal), resting on the upper arms and thighs (see Exercise 4 of Lesson 3, First Grade); rise into the straddleseat in front of the hands; swing through backward and frontvault right.

- 2 Swing as in Exercise 1, in the backswing, straddle the legs sideways above the bars and lie on the bars as in Exercise 1, with face downward (see Exercise 5 of Lesson 3, First Grade); rise into the straddleseat behind the hands; swing through forward and rearvault left.

- 3 Swing as in Exercise 1, in the fore-swing raise the legs well over the body (the feet above the head half-turnover) (Fig. 138); from here drop quickly into the straddleseat in front of the hands. Upstart. Swing through backward and frontvault left.

- 4 Swing as in Exercise 1, half turnover as in Exercise 3; swing down, then backward and uprise from the backswing into the front-leaningrest; swing through forward and rearvault right.

- 5 Swing as in Exercise 1, half turnover as in Exercise 3; swing through backward and uprise in the next foreswing into the straddleseat in front of the hands, raise the feet and body into the rear-leaningrest; swing through backward and frontvault right.

- 6 Swing as in Exercise 5; uprise in the backswing into the rest; swing forward into the rear-leaningrest; swing backward and frontvault left.

- 7 Swing as in Exercise 5; uprise in the foreswing into the rest; swing backward into the frontleaningrest; swing forward and rearvault right.

- 8 Swing as in Exercise 5; uprise in the backswing into the rest; swing forward and rearvault left with one quarter turn right, facing the bars (the whole exercise without interruption).
- 9 Swing as in Exercise 5; uprise in the foreswing into the rest; swing backward and frontvault right with one quarter turn left, facing the bars.
- 10 Swing as in Exercise 3; half turn-over and upstart into the rest with straight arms; swing backward and forward and rearvault right, with one half turn left.

LESSON 4.

Sidestand facing the bars, mounts, leaningrest, dismounts, combinations, and vaults.

- 1 Sidestand facing the bars; take a short run and mount from the left into the ridingseat behind the right hand on the first bar, the left hand grasping the second bar; raise and swing both legs through forward into the side-seat right in front of the left hand on the second bar (the left leg between the bars); circle the left leg forward over the second bar and dismount with a quarter turn right — turn dismount forward left.
- 2 Mount into the ridingseat in front of the right hand on the first bar; raise and swing the legs through backward into the side-seat left behind the left hand on the second bar (the right leg outside of the second bar) (Fig. 139); raise the legs, swing through forward and rearvault left.
- 3 Mount right into the straddleseat on both bars behind the hands; swing through forward into the outer crossseat in front of the right hand; one quarter turn left into the side-leaningrest facing the bars (or forward). The hands grasping the second bar; push off backward.
- 4 Mount right into the cross-leaningrest facing the bars; swing through forward and backward and shears backward into the ridingseat on the first bar (in front of the right hand); dismount to the left, rearvault over the second bar.
- 5 Mount right into the cross-leaningrest facing the bars; swing through forward then over the first bar and with a quarter turn right come into the front side-leaningrest; reverse the grasp of



Fig. 139.

the left hand and frontvault right over both bars.

- 6 Mount right into the straddleseat in front of the hands on both bars; raise the body into the rear cross-leaningrest; swing through backward with shears backward

into the straddleseat in front of the hands; change the left hand to the reversed grasp. Turn dismount forward with three quarter turns left, the right leg circling forward over both bars.

LESSON 5.

Side leaningrest and combinations. Sidestand facing the bars.

All exercises begin with a short run.

- 1 Jump into the front-leaningrest, the right hand on the first, the left on the second bar; swing through and over the second bar into the outer sideseat on the second bar, both hands grasping the same bar; pushoff forward.

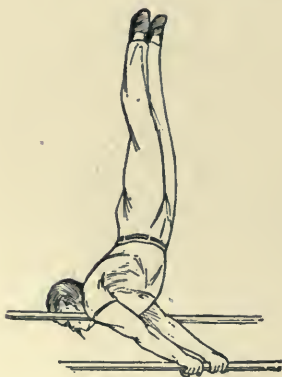


Fig. 140.

- 3 Jump into the side-leaningrest as in Exercise 1; lower the body forward; the chest on the second bar, the hands grasping the first bar reversed (the body lies horizontally on both bars); raise the legs and the body upward, upperarmstand (Fig. 140), return and jump off backward facing the bars.
- 4 As Exercise 3; from the upperarmstand turn over forward onto the feet; while turning, change the hands over to the second bar.
- 5 Jump into the side-leaningrest as in Exercise 1, both hands grasping the second bar; half turn right or left into the rear side-leaningrest; the hands reversed; bend the hips and lower the body, through between the bars, into the hammoekhang on the heels and the hands, by dropping the feet, come to a stand.
- 6 As in Exercise 5; out of the rear-leaningrest, lower the body backward and lie on the bars, the body horizontal, the hands grasping the first bar; raise the body backward, the feet upward, and roll off backward,

- 2 As in Exercise 1, but from the outer sideseat, change to the rear side-leaningrest, both hands grasping the first bar. Reverse the grasp and change to the front-leaningrest by turning right or left about; pushoff backward.

- alight facing the bars. The hands give up their hold as soon as the feet are turned towards the floor.
- 7 Jump into the front-leaningrest, the hands grasping the second bar; the flankvault right or left over both bars.
 - 8 Jump into the front leaningrest, the hands on the second bar; frontvault right or left over both bars. The off hand changes to the reversed grasp before vaulting.
 - 9 Jump into the front-leaningrest; the hands on the second bar, rearvault over both bars.
 - 10 Jump into the front-leaningrest; the hands on the second bar; step with the right foot on the first bar, turn over forward, (pushoff with the foot and the hands). Alight back to the bars. (Handspring.)

LESSON 6.

Vault over the first bar into a seat or leaningrest and vault over the second bar.

- 1 Sidestand facing the bars, take a short run and frontvault right over the first bar, the right hand grasping the second bar; swing through forward into the straddleseat in front of the hands; swing through backward and frontvault right.
- 2 Stand as in Exercise 1, rearvault right over the first bar, the right hand grasping the second bar; swing through backward into the straddleseat behind the hands; swing through forward and rearvault right.
- 3 Frontvault right, over the first bar, as in Exercise 1; swing through forward into the rear cross-leaningrest; swing through backward and frontvault right, with a quarter turn right or left.
- 4 Rearvault right over the first bar, as in Exercise 2; swing backward into the front cross-leaningrest; swing through forward and rearvault right with a quarter turn left.
- 5 Frontvault right over the first bar, swing through forward to side-seat right on the left bar, see Exercise 1, Lesson 6, of the First Grade (the right thigh in front of the left hand, the left leg between the bars). Turnmount left forward into the straddleseat on both bars behind the hands; swing through forward and rearvault left with a quarter turn left.
- 6 Rearvault right over the first bar; swing through backward and shears backward into the straddleseat on both bars in front of the hands; swing through backward and frontvault left, with one half turn right.
- 7 Frontvault right over the first bar, swing through forward and shears forward into the straddleseat on both bars behind the hands; swing through forward, and rearvault left with one half turn right.



Fig. 141 a.



Fig. 141 b.

ADVANCED GRADE.

LESSON 1.

Swing in the centre of the bars, with bending and straightening the arms (dip). Mounts and vaults.

- 1 Crossstand, take a short run and jump into the crossrest in the centre of the bars; swing, bend and straighten the arms during the foreswing (foredip) several times (Fig. 141). Frontvault right.
- 2 As Exercise 1, but bend and straighten the arms during the backswing (backdip) several times. Rearvault right.
- 3 As Exercise 1, one foredip, two intermediate swings with straight arms, and one backdip. Rearvault left.
- 4 As Exercise 1, fore and backdip without intermediate swings (the arms straight at the end of each swing). In the backswing frontvault left.
- 5 As Exercise 1, one foredip and mount into the sideseat left on the right bar in front of the hand; circle forward with the right leg over the right bar, at the same time turning the body left about, into the straddleseat on both bars behind the hands.
- Turnmount forward right, foredip and rearvault right.
- 6 As Exercise 1, backdip and shears-mount backward into the straddleseat in front of the hands; backdip with frontvault right.
- 7 As Exercise 1, one or more foredips; after the last swing shears forward into the straddleseat behind the hands; swing through forward and rearvault left with half a turn left.
- 8 As Exercise 1, backdip and shears backward into the straddleseat in front of the hands; from here repeat the dip and shears backward into the straddleseat; swing through backward and frontvault left with one half turn right.
- 9 As Exercise 1, foredip with one half turn right or left into the upperarmhang; uprise in the foreswing to the rest and then appropriate vaults.
- 10 As Exercise 9; with backdip and uprise in backswing and appropriate vaults.

LESSON 2.

Dip with hopping, shoulderstand, upstart, and vaults.

All exercises on this lesson begin from the crossrest.

- 1 Fore dip with hopping forward (both hands grasping forward simultaneously) to the other end of the bar; in the last swing straddleoff forward over both bars (push off strongly with the hands).

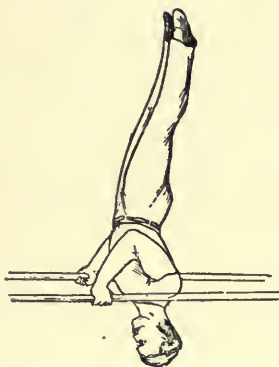


Fig. 142.

- 2 Backdip, with hopping backward to the end of the bars; in the last swing straddleoff backward over one or both bars (assistance needed).
- 3 In the centre of the bars; alternate the fore dip and hopping forward with the backdip and hopping backward; in the last swing front or rear vault over the right bar.
- 4 Fore dip with hopping forward to the centre of the bars; in the last backswing lower the right shoulder onto the right bar and raise the body into a vertical po-

sition — shoulderstandright (Fig. 142); turn over sideways and alight at the right side of the bars.

- 5 Backdip with hopping backward to the centre of the bars; in the last swing raise the body into the shoulderstand left; straighten the arms partly and frontvault right.
- 6 Fore dip with hopping forward to the centre of the bars; in the last backswing raise the body vertically into the upperarmstand (Fig. 143); lower the legs, straighten the arms partly and swing forward with rear vault right.

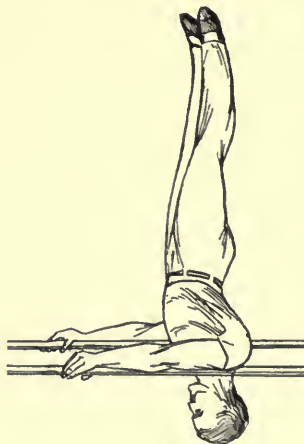


Fig. 143.

- 7 Backdip with hopping backward to the centre of the bars; in the last backswing raise the body into the upperarmstand; bend the

hips and roll forward with straddling the legs sideways into the straddleseat on both bars in front of the hands; swing backward and execute a high frontvault over the right bar.

- 8 Foreflip with hopping forward to the centre of the bars; in the last swing rise into a shoulderstand right; change to the upperarmstand; bend the hips and upstart into the rest; swing through forward; pushoff and alight at the end of the bars with a quarter turn right or left.
- 9 Backflip with hopping backward to the centre of the bars; in the last backswing rise to the upperarmstand; bend the hips, roll forward slowly, and uprise into the rest with straight arms; raise the legs forward; leglever; swing

backward into the handstand (Fig. 144); swing through forward with rearvault right and half turn left.



Fig. 144.

LESSON 3.

Roll with bent and straight hips. Uprise, upstart, and vaults.

All the exercises of this lesson begin from the upperarmhang in the centre of the bars.

- 1 Swing forward and backward; in the last foreswing roll over backward, straddling the legs into the straddleseat behind the hands; roll over forward (on the arms) through the bars (closing the legs) and uprise in the backswing into the rest; swing forward and rearvault right.
- 2 Swing, and in the last backswing bend the hips, roll forward straddling the legs into the straddleseat in front of the hands; roll over backward into the armhang, closing the legs and straightening the hips; uprise in the foreswing into the rest with straight arms; rearvault right.
- 3 Swing and roll over backward (a complete turn) with straight body; bend the hips to a half turn over and upstart into the rest; swing forward and rearvault left.
- 4 Swing and roll over forward (a complete turn) with straight body; uprise in the backswing, into the rest drop back onto the arms with the hips bent to the half turn over and upstart; swing back and frontvault right.

- 5 Swing and roll backward as in Exercise 3, and uprise in the fore-swing into the rest; swing back into the handstand; swing forward and rearvault right with a half turn right.
- 6 Swing and roll over forward as in Exercise 4; with the returnswing roll over backward as in Exercise 5 to a half turn over; upstart into a handstand; frontvault right with a half turn left.
- 7 Swing, and in the foreswing roll over backward (with straightening the hips quickly) into the upperarmstand; lower the legs slowly into the lever on the right elbow (Fig. 145); change to the left elbow lever and frontvault left with half a turn right.
- 8 Swing and roll over backward as in Exercise 7 into a handstand

with bent arms; straightening the arms and walk forward on the hands to the end of the bar; straddleoff forward.

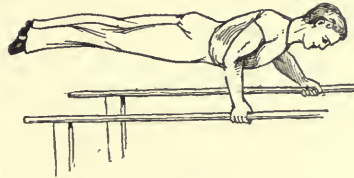


Fig. 145.

- 9 Swing and roll over backward as in Exercise 3; in the next back-swing uprise to a handstand; walk forward on the hands to the end of the bars and turn over (handspring) forward with straight arms.

LESSON 4.

Vaults over the first bar into the rest; intermediate exercises and vaults over the second bar.

All exercises in this lesson begin from a sidestand, in front of the bars. Take a short run, vault over the first bar, each hand grasping one bar. (These exercises should be practised on the low bar first.)

- 1 Frontvault right over the first bar; swing forward; backward and frontvault right.
- 2 Rearvault right over the first bar; swing backward; forward and rearvault right.
- 3 Frontvault right over the first bar; swing forward and rearvault right.
- 4 Rearvault right over the first bar; swing backward and frontvault right.
- 5 Frontvault right over the first bar; swing forward; backward, and

during the backswing circle the left leg backward over the first bar (lift the left hand momentarily, the right leg in the meantime swings backward between the bars); swing forward and rearvault right.

- 6 Rearvault right over the first bar; swing backward; forward, and in the foreswing circle the left leg forward over the first bar (the right leg meanwhile swinging between the bars); swing back-

- ward and frontvault right over the second bar.
- 7 Frontvault right over the first bar; swing forward and backward, and in the backswing straddle the legs over both bars; swing forward and rearvault right.
 - 8 Rearvault right over the first bar; swing backward and forward, and in the foreswing straddle the legs over both bars; swing backward and frontvault right.
 - 9 Frontvault right over the first bar; swing forward; backward and in the backswing circle backward with both legs over the first bar; swing forward and rearvault right.
 - 10 Rearvault right over the first bar; swing backward and circle forward with both legs over the first bar; swing backward and frontvault right.
 - 11 Frontvault right over the first bar; swing forward and circle backward with both legs over the first bar, and frontvault right.
 - 12 Rearvault right over the first bar; swing backward; circle forward with both legs over the first and rearvault right. (Rearvault over both bars to be executed without intermission) — double rearvault right.

LESSON 5.

Vaults over the first bar into the armhang, roll, uprise, upstart, and vaults over the second bar.

All exercises begin as in Lesson 4.

- 1 Frontvault right over the first bar into the armhang in the centre of the bars; swing forward, backward and uprise in the backswing into the rest. Swing forward and rearvault right.
- 2 Rearvault right over the first bar into the armhang in the centre; swing backward, forward and uprise in the foreswing into the rest; swing backward into a handstand and frontvault right.
- 3 Frontvault right over the first bar into the armhang in the centre; swing forward to a half turn over; upstart into the rest; swing back to a handstand; swing forward and rearvault right with half a turn left.
- 4 Rearvault right over the first bar into the armhang in the centre; swing backward, forward, and roll backward with straight body; uprise in the foreswing into the rest; swing backward into a handstand; turn over sideways with straight body, alighting in the crossstand.
- 5 Frontvault right over the first bar into the armhang in the centre; swing forward, backward and uprise in the backswing into the elbow lever right; lower the legs, swinging through the bars (straightening the arms) and hold them in a balance over the bars; one quarter turn right (the left hand grasping over to the second bar), pushoff forward.
- 6 Rearvault right over the first bar into the armhang in the centre; swing backward, forward and

- roll backward with straightening the body quickly into a shoulderstand right; push up to a handstand; step over with the left hand onto the second bar with a quarter turn right and a high frontvault over the second bar.
- 7 Frontvault right over the first bar into the armhang in the centre; roll backward (straight hips) and uprise in the next backswing to a handstand; step over into a handstand on the second bar and squatoff forward.
- 8 Rearvault right over the first bar into the armhang in the centre; roll forward (straight hips) and in the returnswing quickly roll over backward with straight hips into a handstand with bent arms; straighten the arms, step over to a handstand on the second bar; turn over or straddleoff forward.

LESSON 6.

Vaults over both Bars.

These should be practised on the low bars first. The exercises begin as in Lessons 4 and 5.

- 1 Squat forward over the first bar into a stand in the centre; flank-vault right, the hands grasping the second bar.
- 2 Straddle forward over the first bar into a stand in the centre; squat forward, the hands grasping the second bar.
- 3 Squat forward over both bars, the hands grasping the second bar; also with the hands grasping the first bar.
- 4 Straddle forward over both bars, the hands grasping the second bar.
- 5 Flankvault right over both bars, the hands grasping both bars.
- 6 Frontvault right over both bars, the hands grasping both bars.
- 7 Rearvault left over both bars, the hands grasping both bars.
- 8 Exercises 3, 4, 5, 6, and 7 with a quarter or a half turn right or left.
- 9 Turn over both bars (handspring), both hands grasping either the second or the first bar (assistance necessary).

SIDE HORSE

BY WILLIAM A. STECHER

Every exercise begins with a run.

I

- | | |
|--|--|
| 1 Flankvault right (Fig. 146). | 6 Rearvault left with a quarter turn right. |
| 2 Frontvault right (Fig. 147). | 7 Rearvault left with a half turn right. |
| 3 Rearvault left (Fig. 148). | 8 Squatvault forward (Fig. 149); also with a quarter or half turn left or right. |
| 4 Frontvault right with a quarter turn left. | |
| 5 Frontvault right with a half turn left. | |

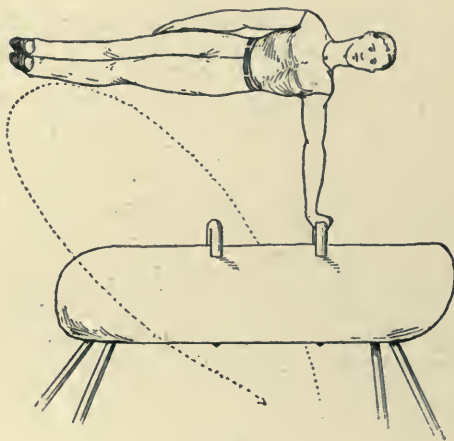


Fig. 146.

- | | |
|---|--|
| 9 Straddle vault forward (Fig. 150); also with a quarter or half turn left or right (help). | 3 Wolf's vault in form of a rearvault (Fig. 152). |
| | 4 Thief's vault (Fig. 153). (Spring off with one foot, the board about three feet from the horse.) Also with a quarter or half turn left or right. |

II

- 1 Wolf's vault left (Fig. 151).
- 2 Wolf's vault in form of a frontvault.

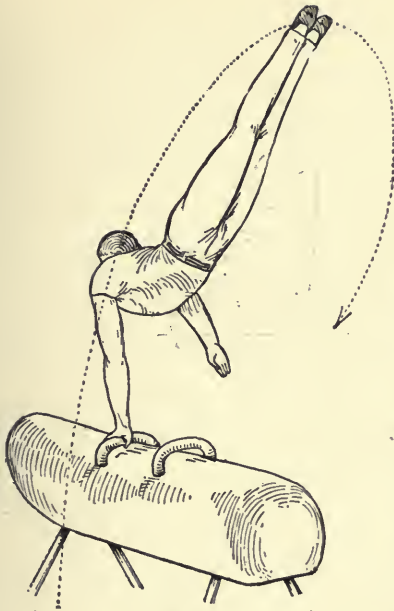


Fig. 147.

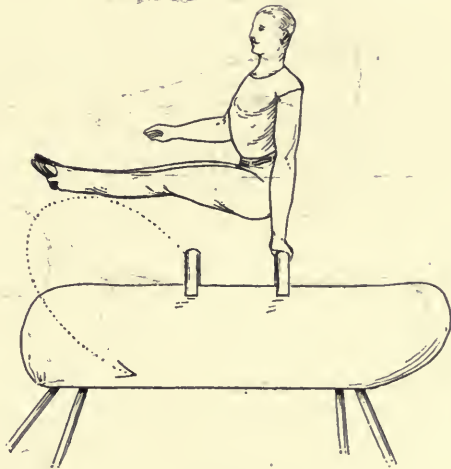


Fig. 148.

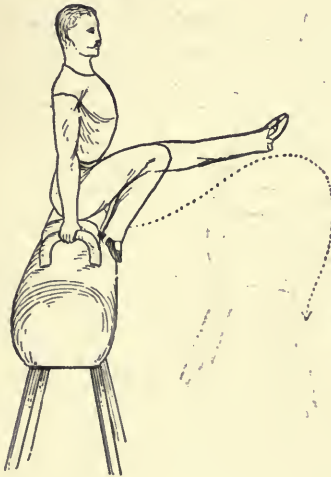
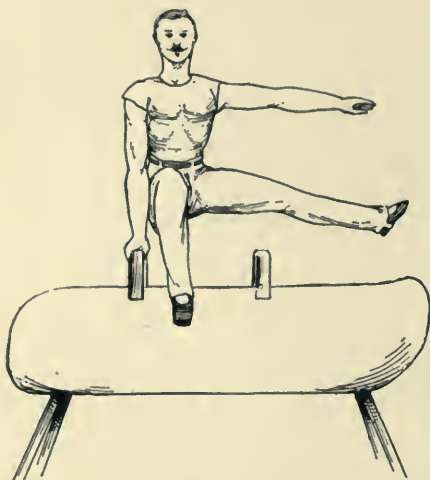
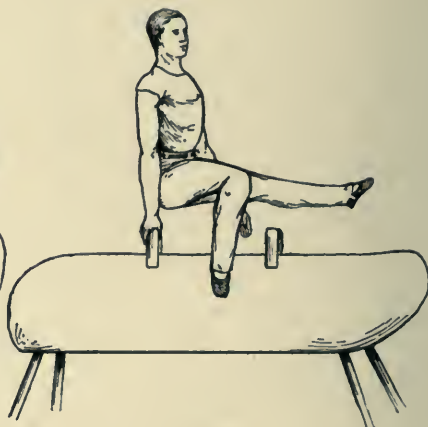
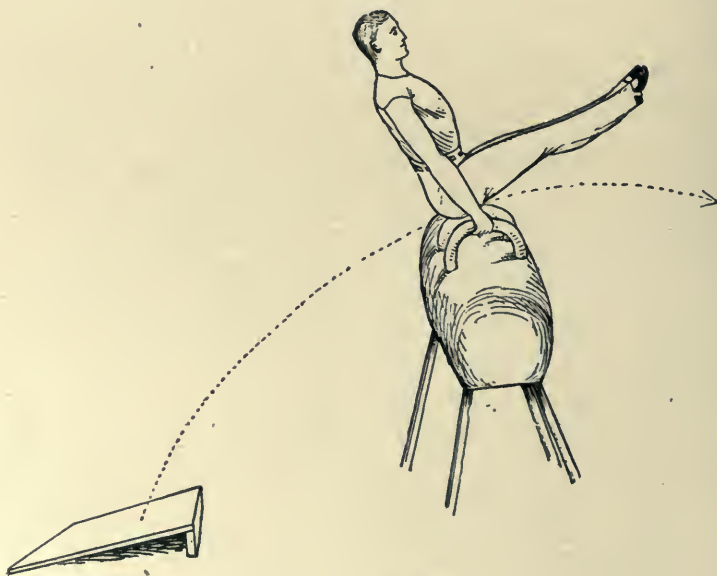


Fig. 149.



Fig. 150.

*Fig. 151.**Fig. 152.**Fig. 153.*

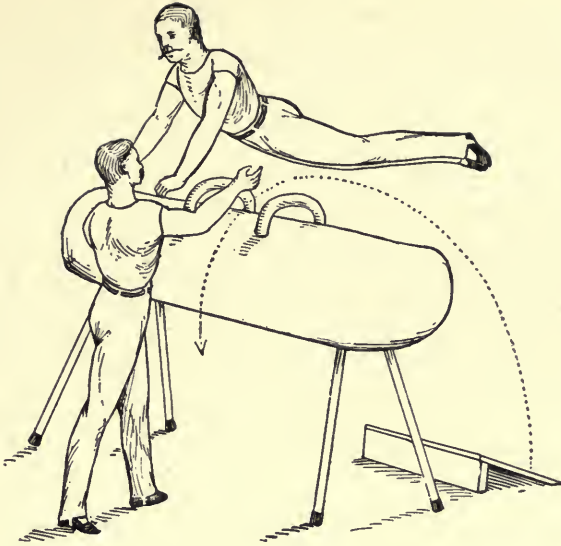


Fig. 154.

- 5 Freejump forward (as Exercise 4, but without the help of the hands); also with a quarter or a half turn left or right. (When springing off left, turn left.)
- 6 Pike's leap, resting the hands momentarily on the pommels (Fig. 154), and then on the shoulders of the leader.
- 7 Pike's leap, resting the hands on the shoulders of the leader.

For description of sidestand, etc., see explanations on page 20.

III

- 1 Jump into the freerest several times (land on the balls of the feet, bending the knees well) (Fig. 155).
- 2 As Exercise 1, after landing on the board, mount right into the riding-seat on the croup (stridemount), (Fig. 156), dismount into the sidestand on the right side.

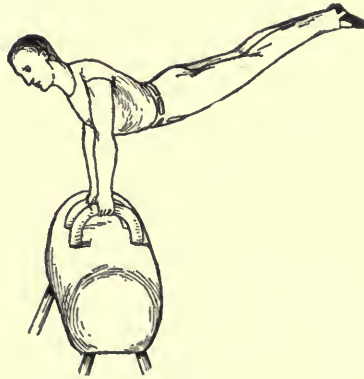


Fig. 155.

- 3 As Exercise 2, from the riding-seat swing the legs backward three times (the knees and heels locked,

the legs straight), pushoff backward.

- 4 As Exercise 2, from the riding-seat swing the legs backward and cross them (right under the left) with a turn left about (shears left backward); straddleoff forward.
- 5 As Exercise 4, with two shears backward, but with a right about (left leg under); swing both legs backward and dismount to the right.

IV

- 1 Stridemount left into the riding-seat on the neck; dismount onto the board.
- 2 As Exercise 1, then left shears backward; swing both legs forward three times and dismount to the right with a quarter turn left.
- 3 As Exercise 2, after the shears, swing the legs forward and cross them (left under right) with a



Fig 156.

turn left about (shears left forward), (Fig. 157 shows the exercise in the saddle); push off backward.

- 4 As Exercise 1, then shears left forward (the hands on the neck) and shears right forward, dismount left with a quarter turn right.
- 5 As Exercise 1, then shears left forward and backward; dismount left by swinging both legs (closed) backward.

V

Jump into the frontrest, then

- 1 One half circle right inward and return (Fig. 158); several times.
- 2 As Exercise 1, then complete the circle by passing the leg backward under the left hand (keep the body well over the horse).
- 3 One half circle right outward (passing under the left hand) and return, several times.
- 4 As Exercise 3, then complete the

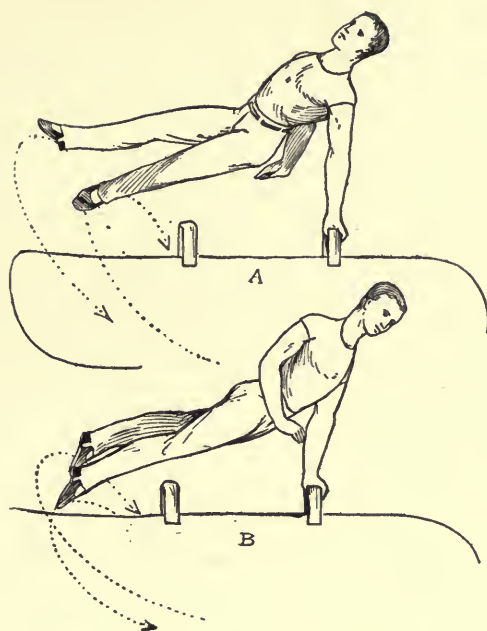


Fig. 157.

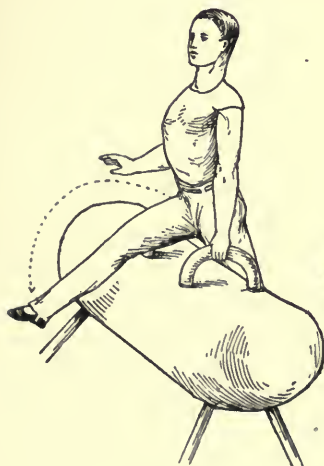


Fig. 158.

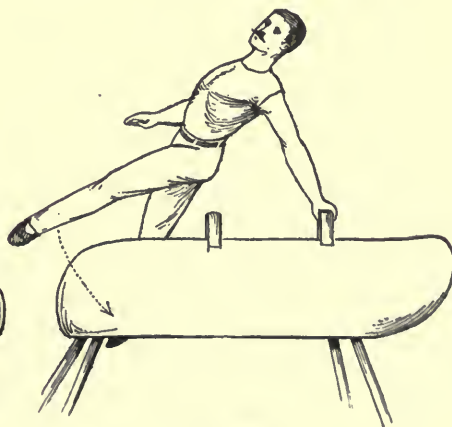


Fig. 159.

circle by passing backward under the right hand.

- 5 As Exercise 1, jump down backward and squatvault forward.
- 6 As Exercise 2, jump down backward and squatvault forward with a quarter turn left or right.
- 7 As Exercise 3, jump down backward and straddlevault forward.
- 8 As Exercise 4, jump down backward and straddlevault forward with a quarter turn left or right.

*VI

- 1 Mount left into the ridingseat onto the croup (facing outward — stridemount left by the opposite side) (Fig. 159); straddleoff forward.
- 2 As Exercise 1, then swing the legs backward into the front-leaning-rest (Fig. 160); straddleoff forward.
- 3 As Exercise 2, from the leaning-rest, shears left backward into

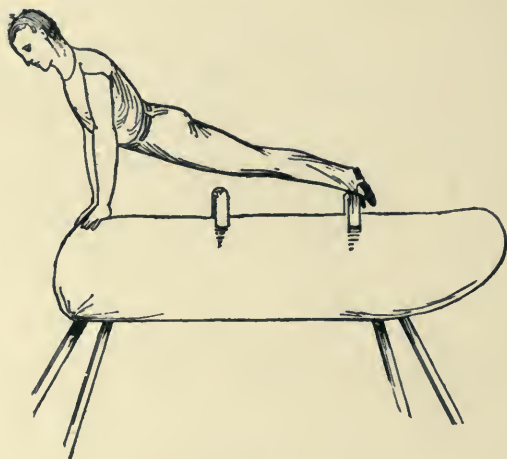


Fig. 160.

the ridingseat on the croup; push-off backward.

- 4 Mount as in Exercise 1 into the saddle, then shears left and right backward; dismount left backward onto the board and front-vault right.
- 5 As Exercise 4, with shears left and right forward; dismount backward onto the board and rear-vault left.

VII

NOTE. — A feint left is as follows:

From the rest, the left leg is moved over the neck and around the left arm (the body in the meantime executing a quarter turn right), until the leg is in a horizontal position on the off side of the horse. The return movement takes place immediately (Fig. 161).

- 1 Feint left; jump down upon the board and repeat right several times.
- 2 Feint left and right as a continuous movement, without jumping down.
- 3 Feint left and one half circle right inward and return.
- 4 As Exercise 3, and a circle right inward.
- 5 One half circle right forward with

both legs (into the backrest) (Fig. 162). Pushoff forward (raising the legs well upwards).

- 6 As Exercise 5; from the backrest one half circle left backward with both legs. Pushoff backward (raising the legs backward).
- 7 Feint left and one half circle right forward with both legs; squat backward into the frontstand.

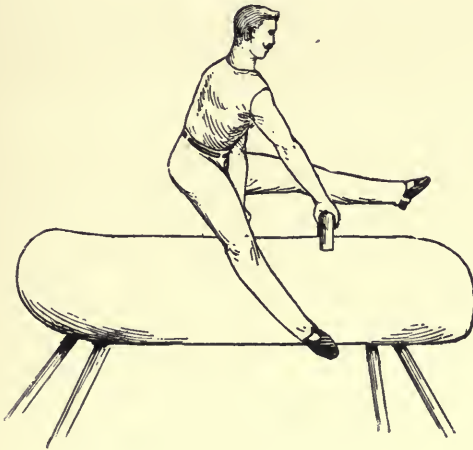


Fig. 161.



Fig. 162.

- 8 As Exercise 7, but the squat backward into the frontrest, then squat forward with one quarter turn left.

VIII

- 1 One half circle right forward under the left hand into the crossstraddle position on the saddle, then turndismount left forward.

NOTE.—A turndismount is as follows:—The right leg being in front, the weight of the body is

thrown over onto the right hand. The left leg then describes a half circle forward, the body at the same time executing a quarter turn right and the scholar lands in the crossstand on the off side of the horse in line with the pommel (Fig. 163).

- 2 As Exercise 1, then turnmount left forward into the ridingseat on the croup (facing the saddle); pushoff backward.
- 3 As Exercise 2, from the seat dis-

- mount onto the board ; squat left forward (one leg) and turn dismount right forward.
- 4 Jump into the freerest, then squat right forward ; face left about ; turnmount right forward onto the eroup. Dismount right with a quarter turn left.
- 5 One half circle left inward ; turnmount right forward ; dismount onto the board and wolf's vault right forward.

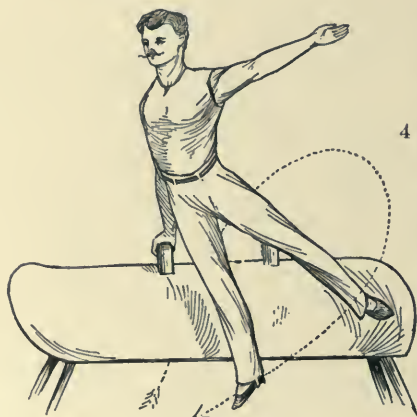


Fig. 163.

- turn. (The right leg moves backward over the eroup into the crossstraddle position in the saddle, and return.) Pushoff forward.
- 2 As Exercise 1, one half circle right inward, then complete the circle by passing right forward under the left hand. Pushoff forward with one half turn left.
- 3 Wolf's vault right forward into the backrest ; circle outward right (the right leg passing first under the left hand). Turnmount right forward onto the neck. Stridemount right onto the eroup (Fig. 164), pushoff backward with one half turn left.
- 4 Wolf's vault left forward into the backrest ; one half circle right inward ; one half turn right ; turnmount left forward onto the neck ; stridemount left by the opposite side into the ridingseat in the saddle (facing the eroup, the hands grasping the pommels, right forward, the left leg swings around backward and passes under the right hand, landing the body in the saddle). (Similar to Fig. 177, Long Horse.) Repeat this stridemount onto the eroup ; then dismount to the left by swinging both legs forward and facing right about.
- 5 Squat forward into the backrest, one half turn left (hopping) squat forward and one half circle left backward with both legs ; one half circle right forward with both legs ; turnmount right forward onto the eroup. Swing both legs backward and dismount to the right with one half turn left.
- 6 Jump into the freerest, squat forward into the backrest, one half circle left inward and immediately turnmount left forward onto the eroup. Stride dismount right backward onto the board and straddle vault forward.

IX

- 1 One half circle left forward with both legs (into the backrest), one half circle right inward and re-

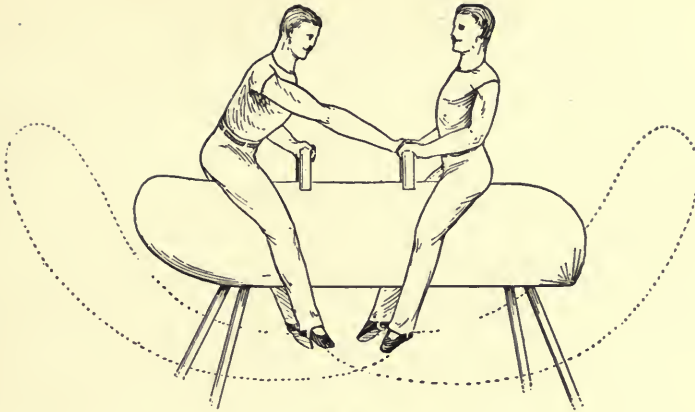


Fig. 164.

X

- 1 Jump and swing the legs backward into the freerest; execute a quick sidestraddle and sink into the frontrest. Then circle right inward and left inward; rearvault left.
- 2 As in Exercise 1, raising the heels backward (Fig. 165). From the frontrest one half circle right inward, swing the legs sideways left and right (keep the body well over the horse). Jump off forward, when the legs again swing to the left.
- 3 As in Exercise 1, raising the knees; one half circle right inward; then continue the circle with the right leg, at the same time executing a half circle left inward (the left leg crossing over the right); (shears left sideways); one half circle left outward and rearvault left. (When executing the shears, see that the legs are kept perfectly straight, and that the weight of the body is momentarily carried over onto the hand keeping its hold.)
- 4 As in Exercise 1, with crosstraddle; one half circle right inward; shears left and right sideways; turnmount left forward onto the

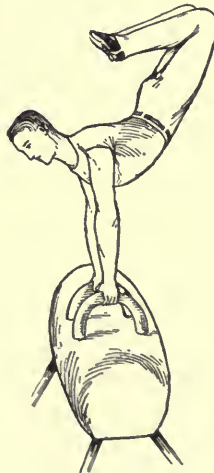


Fig. 165.

croup; feint right and rearvault right. (From the ridingseat on the croup the left hand grasps

the farthest pommel, the right the second; the body being raised, the right leg executes the feint, which is immediately followed by the vault over the neck.)



Fig. 166.

- 5 As in Exercise 1, with crossing the legs; one half circle right inward followed instantly by shears left and right sideways, squat right backward, feint right and rear-vault right with one half turn left.

XI

- 1 Feint right with both legs (Fig. 166); then a circle right outward; sidestraddle stand on the horse (croup and neck), high jump forward swinging the arms up.
- 2 As in Exercise 1, after the circle right jump onto the board, following immediately with a turn-mountain onto the neck (Fig. 167); swing back into the leaningrest and shears left backward (lean forward as far as possible).

- 3 As in Exercise 2, but the turn-mountain takes place from the rest; shearsdismount left backward.
- 4 As in Exercise 3, but after the mount shears left forward; then shearsdismount left forward (Fig. 168) (sit back as far as possible, the hands behind, and push-off backward the moment the legs cross).
- 5 Feint right with both legs; one half circle left forward with both legs; hop left about into the frontrest; feint right and turn-mountain right backward (onto the croup); shears left forward and rearvault right over the neck, both hands grasping the farthest pommel.



Fig. 167.

XII

- 1 Rearvault left with one half turn left into the crossstand alongside of the neck (lean far over to the left side).

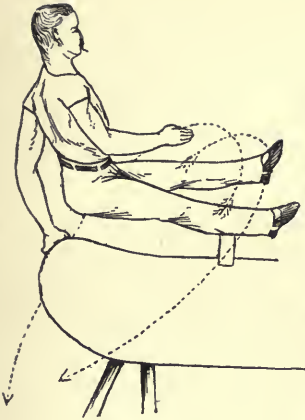


Fig. 168.

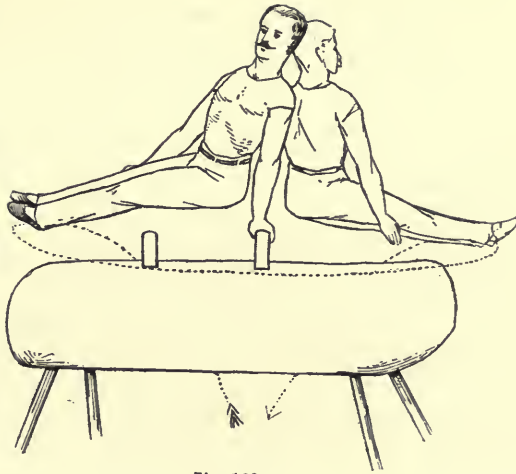


Fig. 169.

- 2 Rearvault left with rearmount left into the riding seat on the neck (help at the left side). Swing both legs backward and squat off forward.
- 3 Double rearvault left over the croup and neck (Fig. 169). (The body must be kept close to the left arm. After the body has passed over the neck, the right hand is placed on the neck, and the left dropped to the side. The body executes a quarter turn left.) (Help at the left side.)
- 4 Triple rearvault left (Fig. 170) (over the croup, the neck, and the saddle). The body executes a three quarter turn left and comes into a crossstand on the right side of the horse (help at the right side).
- 5 As in Exercises 3 and 4, with a feint left.
- 6 As in Exercises 3 and 4, with a feint left with both legs.

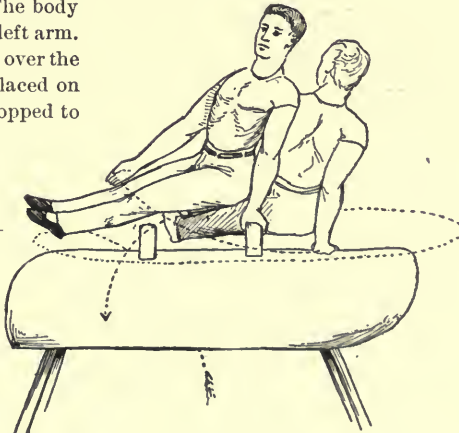


Fig. 170.

LONG HORSE

BY WILLIAM A. STECHER

All exercises begin with a run.

I

- 1 Flankvault right.
- 2 Frontvault right.
- 3 Rearvault left.
- 4 Stridevault right (Fig. 171). (The right leg swings in a circle inward over the horse, and the scholar comes into a crossstand at the left side of the horse.)

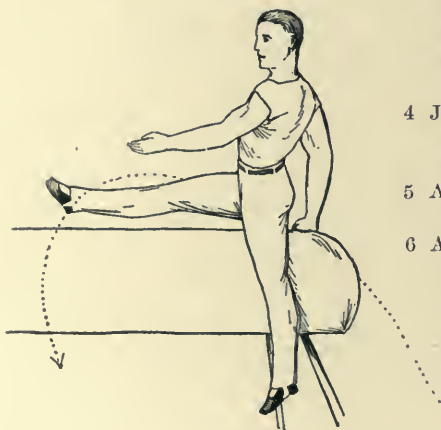


Fig. 171.

II

- 1 Jump into the freerest, the hands on the croup (several times).
- 2 As in Exercise 1, with the hands in the saddle; sidestraddle and sink in the ridingseat on the croup; dismount left sideways.
- 3 Jump, the hands on the neck, into the ridingseat in the saddle (Fig. 172); swing the legs backward into the leaningrest; jump off left sideways with a quarter turn right.
- 4 Jump as in Exercise 2, but directly into the leaningrest; jump off left sideways with a half turn right.
- 5 As is Exercise 3, then straddleoff forward from the ridingseat.
- 6 As in Exercise 4, then straddleoff from the leaningrest (lean forward as far as possible, the fingers over the end of the horse).
- 7 As in Exercise 3, then swing the legs backward into the freerest and straddleoff forward.

III

- 5 Frontvault with one quarter or one half turn left or right.
- 6 Rearvault with one quarter or one half turn left or right.
- 7 Stridevault with one quarter or one half turn left or right.
- 1 Jump into the freerest, the hands in the saddle; sink into the ridingseat in the saddle; swing the legs backward into the freerest several times, dismount left

sideways with a quarter turn left.

- 2 As in Exercise 1, swing the legs backward; shears left backward several times; place the hands behind the body, and dismount left sideways with a quarter turn right.
- 3 As in Exercise 1, place the hands behind the body, and swing the legs forward several times, closing them over the horse; dismount left sideways with a half turn right.
- 4 As in Exercise 3, then shears right forward several times; the hands in front, swing the legs backward, and with a quarter turn left come into the leaningrest sideways, jumpoff forward.
- 5 As in Exercise 3; then shears right forward and left backward; frontleaningrest, the hands on the neck, then shears left backward into the front stand.
- 6 As in Exercise 5; after the shears forward and backward swing the legs backward into the freerest, the hands over the end of the horse and shears backward (shearsdismount backward).

IV

- 1 Stridemount right forward into the ridingseat on the croup (facing the board); dismount left sideways.
- 2 Stridemount right forward by the opposite side (the right leg passes by the left side, the scholar faces

the saddle); dismount left sideways.

- 3 As in Exercise 1, landing in the saddle; stridemount right forward onto the croup (similar to Fig. 164); pushoff backward.
- 4 As in Exercise 2; repeat onto the neck; straddleoff forward.
- 5 As in Exercise 3; then flankvault right forward (from the riding-seat over the croup).

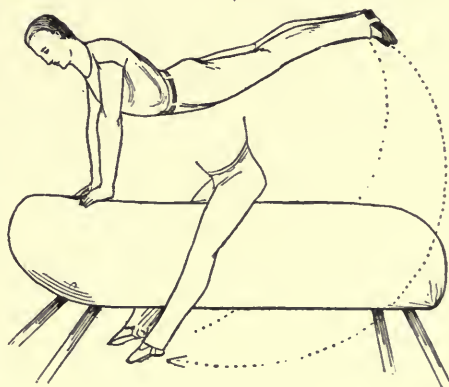


Fig. 172.

- 6 As in Exercise 2; then rearvault right forward (over the saddle).
- 7 As in Exercise 2; then frontvault left forward (over the saddle).
- 8 As in Exercises 6 and 7, with the vaults with one quarter or one half turn left or right.

V

- 1 Jump into the frontrest in the saddle, on the left side of the horse (Fig. 173); pushoff backward.
- 2 As in Exercise 1; circle with the right leg inward; jump down and

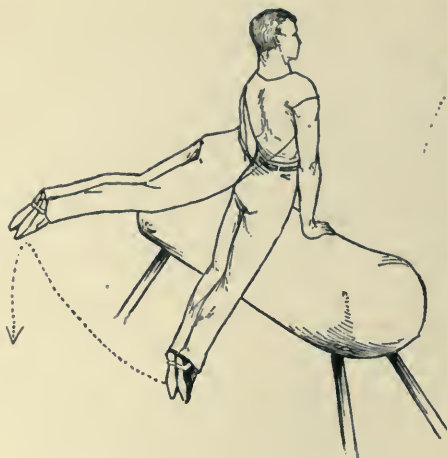


Fig. 173.



Fig. 174.

directly up into the freerest; push off backward.

- 3 As in Exercise 1; circle with the right leg outward, jump down and flankvault left forward.
- 4 As in Exercise 2, after the circle jump down, and rearvault left.
- 5 As in Exercise 3, after the circle jump down, and rearvault right.
- 6 As in Exercise 4, with the squat-vault forward (help).
- 7 As in Exercise 4, with the wolf's vault left forward.
- 8 As in Exercise 4, with the straddle-vault forward (help).
- 9 As above, with the vaults with one quarter or one half turns left or right.

VI

- 1 Jump into the freerest with raising the trunk upwards (the trunk and legs at right angles).
- 2 As in Exercise 1, the head touching the horse, and roll over for-

ward into the ridingseat — roll forward (Fig. 174) (help at both sides); dismount left sideways.

- 3 Roll forward lying flat on the horse (help); rise up, dropping the legs on the left side, into the crosseat left; the hands behind, pushoff forward.
- 4 Roll forward left obliquely into the crosstand at the left side (help at the left side).
- 5 Roll forward into the ridingseat; shears forward; roll backward into the frontstand (the body sinks backward rapidly, the hands catching hold of the horse over the head. The legs are then quickly raised upward and backward, the hands at the same time pressing the body from the horse) (help at both sides).
- 6 Roll forward into the ridingseat and then immediately roll backward into the stand on the board (help).

VII

- 1 Long leap into the freerest on the neck; pushoff left sideways.
- 2 As in Exercise 1, then straddleoff forward (Fig. 175).
- 3 As in Exercise 1, straddling off right sideways (before pushing off a quarter turn left is executed, the right leg in front, the left behind) (help).
- 4 As in Exercise 1, straddling backward (with a half turn) (help).
- 5 As in Exercise 1, with a rearvault left into the crosstand at the left side of the neck. (Lean far over to the left) (help).
- 6 As in Exercise 1, with squat forward (help).
- 7 As in Exercise 1, with a turnover (handspring) with bent arms (Fig. 176) (help).
- 8 As in Exercise 7, with straight arms (help).



Fig. 175.

VIII

- 1 Jump, immediately swinging the legs forward, the hands behind the body and executing a shears

left forward (shearsmount forward); straddleoff forward.

- 2 Shearsmount left forward onto the croup; stridedismount right backward.



Fig. 176.

- 3 As in Exercise 2, feint right and stridemount right forward by the opposite side (Fig. 177); place the hands behind and dismount right sideways.
- 4 As in Exercise 2, feint right and rearvault right.
- 5 As in Exercise 2, feint right and rearvault right with a half turn left.
- 6 As in Exercise 2, feint right and rearvault right with a rearmount into the ridingseat in the saddle (keep the body as closely to the right arm as possible and lean to

- the right side); the hands behind, dismount right sideways.
- 7 As in Exercise 2; feint right and rearvault right over croup and neck (double rearvault right).

IX

- 1 Jump, and with a half turn left straddle mount backward into the riding seat on the croup (after the turn lean well forward, resting the hands on the horse in front of the body); dismount left sideways.
- 2 Jump as above, but instead of sinking into the seat, circle the left leg backward over the horse, and land in the crossstand (stride-vault left backward) (Fig. 178) (help).
- 3 As Exercise 2, resting on the left hand, swing the right leg forward at the same time springing off with the left and flank vault right forward (Fig. 179) (also called a fencer's vault).
- 4 As in Exercise 3, with a front vault right.
- 5 As in Exercise 3, swinging the left leg forward and a rear vault left.
- 6 Lay the springboard at an obtuse angle to the horse, and execute the fencer's mounts and vaults. Help is needed, when vaulting over the saddle and neck.

X

- 1 Jump into the siderest on the right side of the horse; swing the left leg backward executing a three quarter turn left into the riding seat in the saddle (turn mount backward); the hands behind, dismount right sideways.

- 2 Turn mount left backward into the saddle; shears left forward; dismount right sideways with a quarter turn left.
- 3 As in Exercise 2, then a quarter turn left (crossstraddle position) and turn mount right forward onto the croup; the hands behind, dismount right sideways with one half turn left.
- 4 As in Exercise 2, but onto the neck; shears left forward; the hands behind, the fingers over the end of the horse, shears left forward dismount at the same time — (shears dismount forward — see Fig. 168) (help).

XI

- 1 Front vault right into the siderest on the left side of the horse (three quarter turn left); squat forward (help).
- 2 As Exercise 1; feint right and one half circle with both legs left forward into the backrest; push off forward with one half turn right.
- 3 As in Exercise 2, from the backrest, one half circle with both legs right backward into the frontrest; straddle over forward (help).
- 4 As in Exercise 1, feint right, circle right leg outward and turn mount right backward; front leaning rest on the neck and squat forward (help).
- 5 As in Exercise 2, from the backrest one half circle of both legs right backward, turn mount left backward; sink down backward and roll backward over the neck (help).
- 6 As in Exercise 1, feint right with both legs, and flank vault left.

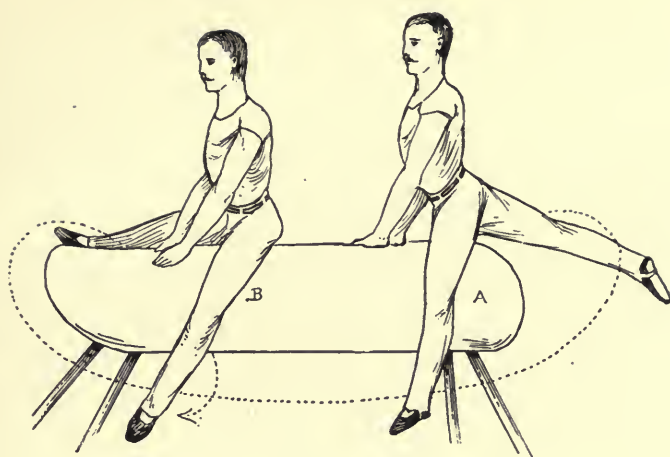


Fig. 177.

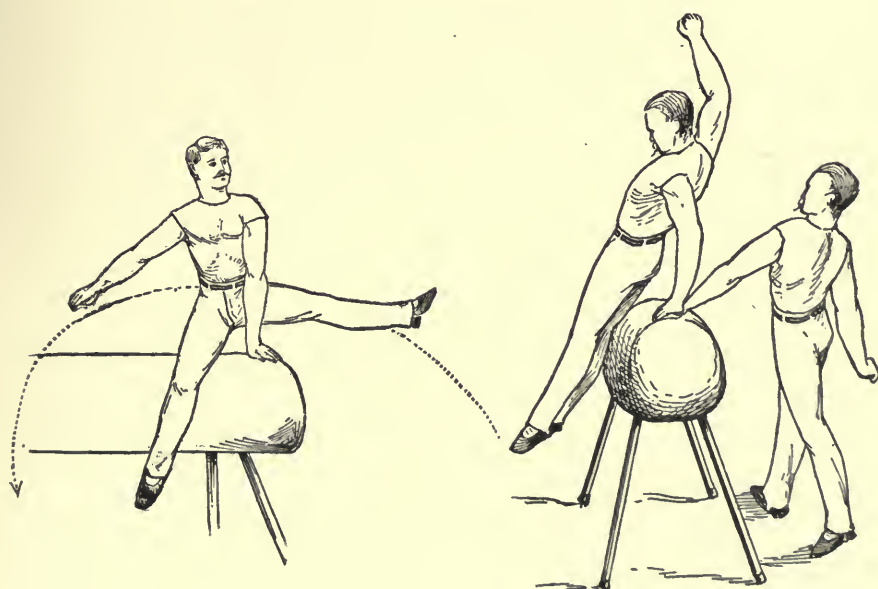


Fig. 178.

Fig. 179.

- 7 As in Exercise 6, with front or rear vault.
- 8 As in Exercise 6, with double rear-vault.

XII

- 1 Freejump (spring off with one foot) into a stand on the horse; fall forward into the front leaningrest; straddleoff backward.



Fig. 180.

- 2 As in Exercise 1; after the straddle-off, immediately execute a flank-vault right.
- 3 As in Exercise 2, with a high frontvault (Fig. 180); also a frontvault with one quarter or one half turn right.
- 4 As in Exercise 2, with a rearvault; also a rearvault with one quarter or one half turn right or left.



Fig. 181.

- 5 From the stand on the horse as in Exercise 1, lean forward and turn over forward (handspring) with bent or straight arms (help).
- 6 From the stand on the horse as in Exercise 1, handstand on the neck and pushoff left sideways into the crossstand (Fig. 181).
- 7 As in Exercise 6, squatting off from the handstand (help).
- 8 As in Exercise 6, straddling off (help).

VERTICAL LADDER

BY DR. HENRY HARTUNG

THESE exercises may be arranged into three parts or grades, according to the degree of difficulty, and should be practised accordingly. As it is not the intention to enumerate all the exercises possible in a certain set or order, it is left to the option of the teacher to arrange the movements belonging to certain related groups into such combinations as may suit his own purposes.

The vertical ladder must be fastened into such a frame or position as to allow free access to it from all sides, since exercises may be practised on all four sides of the apparatus.

After ascending one side of the ladder it is not absolutely necessary for the pupil to descend on the same side; but, as it should be the teacher's object to make his lesson as diversified and interesting as possible, he may allow the pupil to execute one quarter or one half turn around the ladder, and then descend on the opposite or outer side.

There are four distinct holds or positions of the hands to be remembered.

1. Palms downward (the arms in position forward), or forward (the arms in position overhead), the dorsal surface upward or backward (upperhold, ordinary hold).

2. Palms upward (the arms forward), or backward (the arms overhead), the forearms in supination (underhold, reversed hold).
3. The palms inward, the dorsal surfaces outward, the radius turned upward in the forward, and backward in the upward position of the arms (outerhold).
4. Palms outward, the dorsal surfaces inward, the arms in state of extreme pronation, the ulna upward in forward position, or backward in upward position of the arms (innerhold).

A great variety of holds or positions may be taken on the rounds or the rails of the ladder, or on both. They are: —

1. With both hands, the palms forward on the rounds.
2. With both hands, the palms backward on the rounds.
3. With both hands, the palms inward on the rails.
4. With both hands, the palms outward on the rails.

These form the simple and most common holds.

Combinations of these may be made in various ways, constituting the mixed holds.

The movements of the hands in climbing or walking upward or downward are executed by having the one hand leading, the other following to the same round, or by having one hand leading, the other passing to the next round or next space on the rail. The movements of the feet are executed in the same way.

LESSON 1.

- 1 Walking up and down the ladder, the hands on the rails at the height of the shoulders, the right or left hand leading, the other hand following to the same height (Fig. 182), the feet advancing on the rounds in a similar manner.
- 2 Like Exercise 1, with the hands on the rounds.
- 3 Like Exercise 1, with the limbs of the same side moving simultaneously.
- 4 Like Exercise 2, with the limbs of the same side moving simultaneously.
- 5 Like Exercise 1, with one hand on the rail, the other on the round.
- 6 Like Exercise 3, with one hand on the rail, the other on the round.
- 7-12 Like Exercises 1-6, the advancing hand and foot passing to the next round or space instead of the same.



Fig. 182.

REMARK.—These exercises may be practised by placing the hands on the rails, the palms outward or inward, or on the rounds, the palms upward or downward.

LESSON 2.

- 1 Walking up and down the ladder, the hands on the rails, the feet on the rounds, the right hand and left foot leading, the other limbs following to the same rounds or space.
- 2 The same exercise reversed (the left hand and right foot leading).
- 3 The Exercises 1 and 2 alternately.
- 4 Like Exercise 1, with the hands on the rounds.
- 5 Like Exercise 2, with the hands on the rounds.
- 6 Like Exercise 1, with one hand on the rail, the other on the round.
- 7-12 Like Exercises 1-6, with the advancing hand and foot passing to the next round or space, instead of the same.

LESSON 3.

- 1 Walking up and down the ladder, the left hand on the rail, the right hand on the hip, the hand advancing one space, the feet following successively (first one, then the other, to the same round).
- 2 The same exercise reversed.
- 3 Like Exercise 1, with the hand on the rounds instead of on the rail.
- 4 Like Exercise 1, one hand advancing alternately with the other (one returning to the hip, while

- the other passes to the next round).
- 5 Like Exercise 1, the foot and the hand of the same side advancing simultaneously.
 - 6 Like Exercise 5, with the opposite foot and hand.
 - 7, 8 Like Exercises 5, 6, with the hand on the round instead of on the rail.
 - 9 Like Exercise 5, but after simultaneous movements of the limbs of one side, the other foot passes to the next round, the hand also passing to the next round or space.
 - 10 Like Exercise 9, the limbs of the opposite side leading.
 - 11 Any of the previous exercises, but in advancing, the hand changes from the palm outward (on the rails), or from the palm downward, to the palm upward (on the rounds).
 - 12 Any of the previous exercises, but while advancing to next round or space, the hand changes from rail to round, or *vice versa*.

REMARKS.—In the exercises of this lesson, or whenever there is only one hand employed, the other hand may be placed either on the hip, the shoulder, or on the back, or in any other position to be determined by the teacher.

LESSON 4.

Most of the exercises of this lesson may be executed in the same way as indicated in Lessons 1, 2, and 3, variations being brought about by taking more difficult positions of the body and limbs.

- 1 Walking up and down the ladder, the legs in the squatting position (the knees bent, the body erect).
- 2 Walking up and down the ladder, omitting one round or space, the limbs of the same side leading, those of the opposite side following to the same round or space.
- 3 Like Exercise 2, the advancing limbs passing to the second higher round or space.
- 4 Like Exercise 2, the limbs of the opposite sides moving simultaneously.
- 5 Like Exercise 3, the limbs of the opposite sides moving simultaneously.
- 6 Walking up and down the ladder, taking hold with one hand and one forearm on the rails.
- 7 Like Exercise 6, taking hold on the rounds.
- 8 Walking up and down with crossing the feet.
- 9 Walking up and down on the knees, the hands in various positions and holds.
- 10 Walking up and down in the squatting position, taking hold with only one hand.

LESSON 5.

- 1 Hopping up and down the ladder on both feet, the hands advancing successively to the same round or space.
- 2 Like Exercise 1, the hands passing alternately to the next round.
- 3 Like Exercise 1, the hands passing simultaneously to the next round or space.
- 4 Like Exercise 1, but on one foot, the other leg being extended.
- 5 Like Exercise 2, with only one foot.
- 6 Hopping up and down the ladder on one foot, taking hold of the rail with the hand of the opposite side.
- 7 Like Exercise 6, with the hand on the round instead of on the rail.
- 8 Like Exercise 6, with the hand changing from rail to the round, and *vice versa*, while advancing.
- 9, 10, and 11. Like Exercises 6, 7, and 8, using the hand and foot of the same side.
- 12 Hopping up and down in the squatting position, with various holds of the hands.

LESSON 6.

Position in front of the ladder. Jump into the hanging position back turned towards the ladder, the hands on one round, the palms forward or backward. In this position:—

- 1 *a.* Raise the right knee forward (bending the leg to a right angle, the toes pointed downward).
- b.* Raise the left knee.
- c.* Raise both knees, repeating each movement several times.
- 2 Like Exercise 1, raising the legs forward horizontally (Fig. 183), repeated several times.
- 3 Spread the legs to a straddle position sideways and close; repeat.
- 4 Cross the legs, one above the other; repeat.
- 5 Place one hand on the hip and return to its former hold, the body being suspended by one arm.
- 6 Like Exercise 6, changing from one hand to the other.
- 7 Like Exercise 6, at the same time



Fig. 183.

changing the hold of the hands from the palms forward to the palms backward, and *vice versa*.

LESSON 7.

- 1 Walking up and down the ladder, the ladder between the legs, with any of the various holds and advances (Fig. 184).
- 2 As Exercise 1, but hopping instead of walking.
- 3 Walking upward in any of the various ways described and sliding downward, the legs straddling the rails, the hands passing from one to the next round (Fig. 185).
- 4 As Exercise 3, the hands sliding simultaneously to the next round or space.
- 5 As Exercise 3, with the legs extended downward.
- 6 As Exercise 4, with the legs extended downward on one side.
- 7 As Exercise 3, with the legs closed and bent backward in a right angle to the thigh (raising heels).
- 8 As Exercise 7, the hands sliding simultaneously.
- 9 Hopping upward in any of the various ways described, and sliding downward.



Fig. 184.



Fig. 185.



Fig. 186.



Fig. 187.

LESSON 8.

- 1 Walking up and down the ladder backward, the arms overhead, and the hands on the rounds (Fig. 186).
- 2 As Exercise 1, with the hands on the sides.
- 3 As Exercise 1, with the arms down and at the sides, the hands taking hold on the rounds (Fig. 187).
- 4 As Exercise 3, with the hands on the rails.

- 5 Walking up and down the ladder backward having one arm overhead, the other one downward, the hands on the rounds or rails.
- 6 Change from the rear standing position on one round to the front position, by twisting through under one arm.
- 7 Walking upward as in Exercise 1, then execute one half turn into the front position and slide downward.
- 8 Walking up and down by continually circling around the ladder.

LESSON 9.

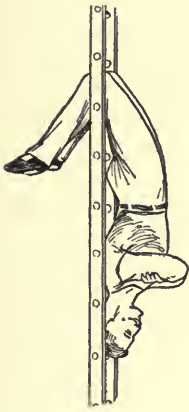


Fig. 188.



Fig. 189.

- 1 Sit on one round facing the ladder and raise the arms upward, the hands in various holds on the rounds or rails, and change position onto the next round. Repeat several times.
- 2 Sit on the seventh or eighth round, let go with the hands and lower the body gradually, until coming to a hanging position on the knees (Fig. 188). Return to sitting position.
- 3 As Exercise 2. After bending backward into the hanging position take hold of the round in reach and extend the legs upward

on the opposite side of the ladder, supporting the body on the arms (Fig. 189). Return to the hanging and sitting position.

- 4 As Exercise 3, but after taking hold of the round in reach, remove the legs slowly from between the rounds, extend them upwards, and turn over, landing on the feet.
- 5 Sit on one round and hook the feet under one of the lower rounds. Lower the body backward gradually until it assumes a horizontal position, the arms folded on the chest or raised upward (Fig. 190). Return.

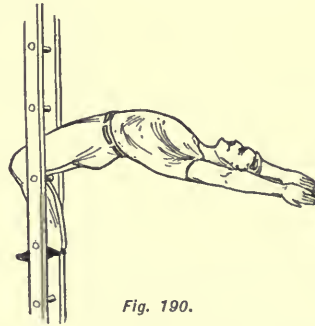


Fig. 190.

- 6 As Exercise 5, but raise the arms upward and lower the body gradually backward through the horizontal position and downward, the arms and the body having the same direction.

LESSON 10.

- 1 Jump into the hanging position, facing the ladder, the hands on the rounds, the legs in the straddle position extended over the sides of the ladder. Climb up and down, one hand leading, the other following on the same round.
- 2 As Exercise 1, taking hold of the rails.
- 3 As Exercise 1, with one hand on one round, the other on the rail.
- 4, 5, and 6. As Exercises 1, 2, and 3, with the hands passing alternately to the next higher round or space (hand over hand).
- 7 Climb upward, but sliding downward, the legs placed around the rails, the hands sliding simultaneously on the rounds.
- 8 As Exercise 7, but in sliding downward, take hold on the rails.
- 9 As Exercise 7, but in sliding keep the legs extended and closed, or in the straddle position.
- 10 As Exercise 9, the hands taking hold on the rails.

LESSON 11.

Position facing the ladder.

- 1 Jump into the hanging position, the hands on the rails, hop up and down, the legs extended and resting in the straddle position on the sides.
- 2 As Exercise 1, with the hands on the rounds.
- 3 As Exercise 1, hop downward with only one hand, the other hand placed on the hip.
- 4 As Exercise 2, hop downward with only one hand, the other arm raised sideways.
- 5 As Exercise 1, the hands changing from the rails to the rounds, and *vice versa*.
- 6 As Exercise 3, with the right and left hand changing alternately from round to round in hopping downward.
- 7 As Exercise 3, but in hopping downward, the hand changes from the round to the rail, or *vice versa*.

LESSON 12.

- 1 Walking up and down the ladder, skipping two rounds, the right foot beginning, the left following to the same round. The hands move on the rounds in a similar way.
- 2 As Exercise 1, with the hands on the rails.
- 3 As Exercise 1, the hands moving simultaneously.
- 4 As Exercise 2, the hands moving simultaneously.
- 5 Hopping up and down the ladder on both feet, skipping one round, the hands on the rounds or rails.
- 6 As Exercise 5, hopping on one foot only.
- 7 As Exercise 5, taking hold with one hand only.

- 8 As Exercise 6, changing from one foot to the other, alternately.
- 9 Hopping up and down the ladder on both knees, the hands moving simultaneously on the rounds or rails.
- 10 As Exercise 9, but with hold of only one hand.
- 11 As Exercise 9, but on one knee only, the other leg extended.
- 12 As Exercise 10, but on one knee only, the other leg extended.



Fig. 191.

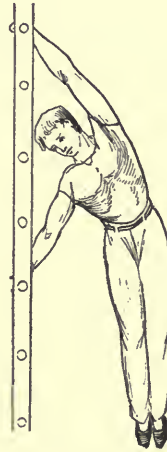


Fig. 192.

LESSON 13.

- 1 Jump into the rest, both hands on one round, the legs extended in the straddle position, resting on the rails (Fig. 191). Return to the standing position and repeat by advancing the hands to the next higher round.
- 2 Walk upward and jump into the rest, the hands on the eighth round, lower the body slowly into the hanging position, by bending the arms gradually, the legs sliding down on the rails.
- 3 As Exercise 2, but keep the arms extended, while sliding downward into the hanging position.
- 4 From the rest, lower the body slowly until the extended arms assume a horizontal position and return to the rest.
- 5 From the rest, bend and straighten the arms repeatedly.
- 6 From the rest, climb up and down, one hand following the other to the same round.
- 7 As Exercise 6, but hand over hand.
- 8 Climb up and down, hanging by one hand and supporting with the other (Fig. 192). The hands move alternately.

LESSON 14.

- 1 Walking up and down the ladder backwards, taking hold with only one hand on a round or rail, the other hand on the hip.
- 2 Hopping up and down the ladder backwards, on both feet, the hands following overhead on the rounds or rails.
- 3 As Exercise 2, with the arms downward, at the sides, the hands taking hold on the rails or rounds.
- 4 As Exercise 2, but on one foot only.
- 5 As Exercise 3, but on one foot only.
- 6 Climb up and down the ladder backwards, the hands on the rounds, the legs extended in the straddle position over the rails, or closed.
- 7 As Exercise 6, but raising the knees forward, while climbing.
- 8 As Exercise 6, raising the legs forward to a horizontal position.



Fig. 193.

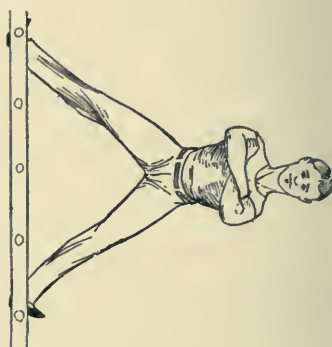


Fig. 194.

LESSON 15.

- 1 Flag sideways, vertically (Fig. 193). (The body is suspended sideways, vertically, by one hand on one round, the leg of the same side bracing against another round. The other limbs are extended in the opposite directions.) Diminish the space between the hand and foot, by moving the hand or foot to the next round.
- 2 Flag sideways on the feet, the body in a horizontal position (Fig. 194). (One foot braces against one round below, the other foot is hooked under a round or fastened by means of a strap around the ankle.) The body must be lowered into a horizontal position (sideways).
- 3 Flag sideways, horizontally on the

hands, both arms being extended, one being in the hanging, the other in the supporting position on the rounds, the body is in a horizontal position (Fig. 195).

- 4 From the position facing the side of the ladder, climb upward and downward, the hands on the rounds, the legs extended downward, and closed or in the straddle position.
- 5 As Exercise 4, with the legs extended in the straddle position and raised forward horizontally, the ladder between them.
- 6 As Exercise 5, with the legs closed and raised forward to a horizontal position on one side of the ladder.
- 7 As Exercise 4, with the back turned toward the ladder.
- 8 As Exercise 6, but hopping upward, the hands on the rounds or rails.

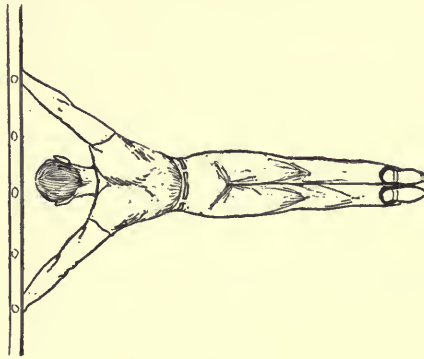


Fig. 195.

INCLINED LADDER

THE ladder is inclined to an angle of from forty-five to seventy degrees. Most of the exercises already described for practice on the vertical ladder may also be executed on the slanting ladder, especially the climbing and walking movements. In order to save space and avoid repetition, the teacher is referred to the Lessons 1, 2, 3, 5, 6, 10, 12, 13, and 14 of the foregoing Part.

It should not be forgotten, that whenever an exercise is described with only one kind of hold or position of the hands or feet, it should also be practised with all the other holds or positions which the exercise may permit.

LESSON 1.

The exercises of this lesson are to be executed on the under side, from the position underneath and facing the ladder.

- 1 Jump into the hanging position, the hands on the rails, and return to the standing position. Repeat, and jump to the next higher space.
- 2 As Exercise 1, but grasp a round. In repeating grasp the next higher round.
- 3 As Exercise 1, with the back turned towards the ladder. In the hanging position spread the legs sideways to the straddle position and close. Repeat several times.
- 4 As Exercise 3, but spread the legs to the crossstraddle position (one leg forward, the other backward) and close. Repeat several times.
- 5 Jump into the hanging position as in Exercise 1, then raise —
 - a. The right knee forward.
 - b. The left knee forward.
 - c. Both knees forward.
- 6 Jump into the hanging position as in Exercise 2, then raise —
 - a. The right foot backward, bending the knee to an acute angle,

- the thigh remaining vertical and the knees locked.
- b. The left foot to same position.
 - c. Both feet simultaneously to the same position (Fig. 196).
- 7 Jump into the hanging position as in Exercise 3, and raise —
- a. The right leg sideways, the left remaining in a vertical position.
 - b. The left leg sideways, the right remaining in a vertical position.
 - c. The right leg sideways in front of the left leg.
 - d. The left leg sideways in front of the right leg.
- 8 Jump into the hanging position as in Exercise 3, and raise —
- a. The right leg forward to a horizontal position.
 - b. The left leg forward to a horizontal position.
 - c. Both legs forward simultaneously to a horizontal position.
- 9 Jump into the hanging position, as in Exercise 1, bend the arms to a right angle, and straighten. Repeat several times.
- 10 Jump into the hanging position, the hands on the rails, or on one round, and reverse the hold with —
- a. The right hand, and return.
 - b. The left hand, and return.
 - c. The right and left hands alternately, and return.

- d. Both hands simultaneously, and return.
- 11 Jump into the hanging position, the hands on a round, and change the hold with —
- a. The right hand to the rail, and return.
 - b. The left hand to the rail, and return.

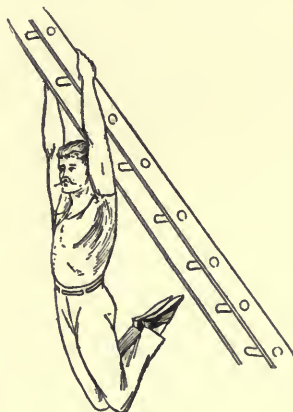


Fig. 196.

- c. The right and the left hand alternately to the rail, and return.
 - d. Both hands simultaneously, and return.
- 12 Jump into the hanging position and swing the legs forward and backward, the body remaining firm, and the legs closed and well extended — (shortswing).

LESSON 2.

Position underneath and facing the ladder.

- 1 Jump into the hanging position, facing the ladder, the hands on the rails. Release the hold, —
- a. With the right hand, and lower

- the arm sideways downward to the side, and return. Repeat several times.
- b. With the left hand, and return.

- 2 As in Exercise 1, with the hands on one round, lowering —
 - a. The right arm forward, downward, and return.
 - b. The left arm forward, downward, and return.

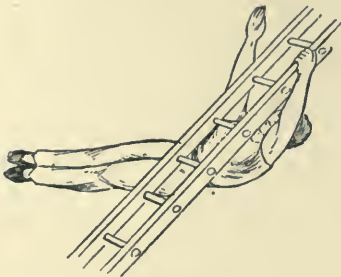


Fig. 197.

- 3 Jump into the hanging position, the hands on the rails, and swing the body sideways, quickly raising and returning the hand of the side towards which the body swings (Fig. 197).
- 4 As Exercise 3, with the hands on one round, and reverse the hold with the right hand, when swinging to the right, and the left hand, when swinging to the left.
- 5 As Exercise 3, but swing the body in a circle.
- 6 As Exercise 3, changing the hands from the rails to the rounds alternately while swinging.
- 7 From the hanging position, the hands on the rails, swing the body sideways, and climb upward and downward, the hands moving alternately to the next space.
- 8 As Exercise 7, with the hands grasping on the rounds instead of on the rails.
- 9 As Exercise 7, with one hand on the round, the other on one rail, the hands moving alternately to the next higher round or space.
- 10, 11, and 12. As Exercises 7, 8, and 9, but from the hanging position back turned towards the ladder.

LESSON 3.

Position underneath and facing the ladder.

- 1 Jump into the hanging position, the hands on the rails, place both feet on one round so as to have the body and legs extended and in the same direction, the arms also straightened. Bend and straighten the arms alternately (Fig. 198). Repeat several times.
- 2 Take the position as in Exercise 1, with both hands on one round. Place —
 - a. The right on the hip, and return.
 - b. The left hand on the hip, and return.

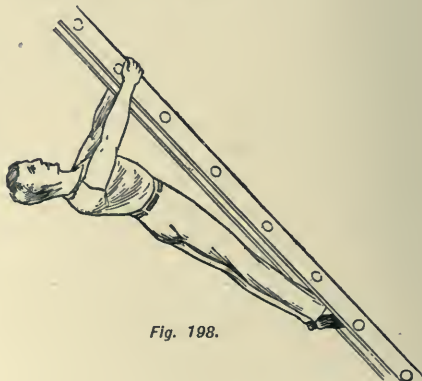


Fig. 198.

- Repeat each movement several times.
- 3 Take the position as in Exercise 1, the hands on the rails, the palms inward. Reverse the position of the hands simultaneously and return, bending the arms slightly while executing the movement. Repeat several times.
 - 4 As Exercise 3, with both hands on one round. Repeat several times.
 - 5 Take the position as in Exercise 1. The hands remaining firmly on the rails or the rounds, step upward, bending the body, the feet passing on the rounds toward the hands as high as possible, and return.
 - 6 As Exercise 5, the feet remaining in position, while the hands pass downward on the rounds or rails.
 - 7 As Exercise 5, with both feet advancing simultaneously (hopping).
 - 8 As Exercise 6, with both hands sliding downward simultaneously.
 - 9 As Exercise 7, but on one foot only, the other leg extended and raised forward at the side of the ladder.
 - 10 As Exercise 8, with only one foot remaining in position on the round, the other leg extended and raised forward in position.
 - 11 From the position as in Exercise 1, advance the feet upward into the squatting position, then alternately straighten and bend the knees, the hands remaining in position.

LESSON 4.

Position underneath and facing the ladder.

- 1 Jump into the hanging position, the hands on the rails or on one round. Climb up and down, the hands passing alternately to the same round or space, the body and legs remaining extended in the hanging position.
- 2 As Exercise 1, but the hands pass alternately to the next higher round or space (hand over hand).
- 3 As Exercise 1, with one hand on one rail, the other on one round. Reverse the position of the hands in climbing downward.
- 4 As Exercise 1, changing the holds of the hands alternately from the rails to the rounds, and *vice versa*.
- 5 As Exercise 1, but while climbing reverse the position of the hands

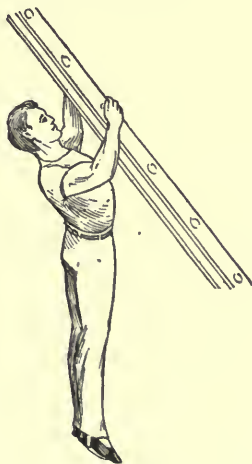


Fig. 199.

(from palms forward to palms backward, and *vice versa*) on the rounds, and (from palms inward to palms outward, and *vice versa*) on the rails.

6 As Exercise 1, keeping the arms bent to a right angle while climbing (Fig. 199).

7-12. As Exercises 1-6, in the hanging position, back turned towards the ladder.

LESSON 5.

The exercises of this lesson are to be executed on the upper side of the ladder from the position in front of and facing the ladder.

- 1 Walking upward on the rounds, the hands on the hips (Fig. 200). On the top of the ladder take a sitting position, facing the ladder, the legs around the sides, and slide down backward, the hands passing down alternately on the rounds or rails.

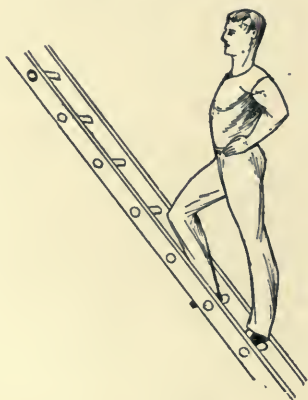


Fig. 200.

- 2 Walking upward as in Exercise 1, raising the arms forward in position. On the top, face left or right about, take a sitting position, the legs around the sides, and slide down forward, the

hands passing behind the body on the rounds or rails.

- 3 Walking upward as in Exercise 1, raising the arms sideways in position. On the top take a lying position forward, the legs extended in the straddle position over the sides, and slide downward, the hands passing alternately on the rounds or rails.
- 4 As Exercise 2, raising the arms overhead in position. On the top face right or left about, take a lying position on the back, the legs extended in a straddle position over the sides, the arms overhead on the rails or rounds, and slide slowly downward.
- 5 As Exercise 1, folding the arms on the chest while walking upward. Take a straddleseat and slide downward. In the sitting position, take hold with only one hand on one rail or round, the other hand is placed on the hip or shoulder.
- 6 As Exercise 2, folding the arms on the back in walking upward. In sliding downward, place the hands in front of the body on the rails or rounds, the hands

passing alternately to the same rail or round.

- 7 As Exercise 6, in sliding downward the hands passing alternately to the next round or space.
- 8 As Exercise 6, in sliding downward the hands sliding simultaneously to the next round or space.
- 9 As Exercise 6, in sliding downward fold the arms on the chest.
- 10 As Exercise 1, on the top change to the hanging position on the under side of the ladder and walk downward, the feet passing on the rounds, the hands on the rails.
- 11 As Exercise 10, slide downward on the under side of the ladder, the legs are placed around the rails, the hands pass alternately on the rounds.
- 12 As Exercise 10, climb downward on the under side of the ladder, the body in the hanging position, the hands passing down alternately on the rails.

LESSON 6.

Position underneath and facing the ladder.

- 1 Jump into the hanging position, the hands on one round or on the rails. Place the feet on one round so as to keep the body and legs extended. Walking up and downward, the hands and the feet moving alternately to the same round or space.
- 2 As Exercise 1, the hands and the feet passing alternately to the next round or space.
- 3 As Exercise 1, the limbs of the same side moving simultaneously, those of one side leading, the other following to the same round or space.
- 4 As Exercise 1, the limbs of the opposite sides moving simultaneously, passing to the next higher round or space.
- 5 Walking upward on the under side of the ladder in any of the previously described ways. In moving downward place both legs around the sides of the ladder, the hands move alternately on the rails or rounds.
- 6 As Exercise 5, the hands also moving simultaneously on the rounds or rails.
- 7 Jump into the hanging position and place one leg around the side of the ladder, the other on one round. Climb upward by moving the hands and feet alternately. In passing downward reverse the position of the legs.
- 8 Jump into the hanging position and place both legs around the sides of the ladder. Climb upward by moving the hands and the legs alternately.
- 9 As Exercise 8, the hands sliding simultaneously upward. On the top of the ladder quit the hold with the legs and assume the hanging position. Jump to the floor.
- 10 Climb upward in any of the various ways mentioned. On

the top change the position from underneath to above the ladder, by climbing around one of the sides. Take the sitting position, back turned towards the ladder, then bend forward, catching hold of the rounds, supporting the body on the hands extend the legs upward in straddle position over the sides, and walk downwards (in the front leaningrest), the hands moving to the same round or space (Fig. 201).

- 11 As Exercise 10, but, in walking downward on the hands, move the hands alternately to the next round or space.
- 12 As Exercise 10, but in walking

downward on the hands, hop with both hands simultaneously to the next round or space.



Fig. 201.

LESSON 7.

Position underneath the ladder.

- 1 Jump into the hanging position facing the ladder, the hands on one round, the palms turned backward. Bend the arms to a right angle and climb up and downward (hand over hand).
- 2 As Exercise 1, with the back turned towards the ladder, and the hands on the rails.
- 3 From the position sideways underneath the ladder, jump into the hanging position on one of the rails, and climb sideways upward and downward, the higher hand leading, the other following.
- 4 As Exercise 3, crossing the hands in advancing.
- 5 As Exercise 1, with the hands omitting one round or space in advancing.
- 6 As Exercise 2, raising the legs forward to a horizontal position while climbing.
- 7 As Exercise 4, with the hands on two rounds instead of one side, and raise the knees forward in position, the legs being bent to right angles.
- 8 As Exercise 3, with one hand on one rail, the other on one round, and the feet raised backward, the knees bent to a right angle. The hands move alternately.
- 9 As Exercise 1, swing the body slightly forward and backward. The hands advance at the end of each backward movement.
- 10 As Exercise 9, but the back turned toward the ladder. The hands advance at the end of each forward movement.
- 11 As Exercise 1, swinging the body sideways.
- 12 As Exercise 2, swinging the body sideways.

LESSON 8.

Position underneath and facing the ladder.

- 1 Jump into the hanging position, the hands on the rails. Hop up and downward, the body and legs remaining quiet.
- 2 As Exercise 1, with the hands moving on the rounds.
- 3 As Exercise 1, with one hand on one round, the other on one rail. Reverse the hold of the hands in passing downward.
- 4 As Exercise 1, but while advancing to the next round reverse the hold of the hands.
- 5 As Exercise 2, but while advancing to the next round, reverse the hold of the hands simultaneously.
- 6 As Exercise 3, but while advancing change the hold of the hands simultaneously, one hand from the round to the rail, the other from the rail to the round.
- 7 Jump into the hanging position sideways, both hands on one of the rails, hop sideways up and downward.
- 8 As Exercise 7, with the hands on two rounds, one arm bent, the other extended.
- 9 As Exercise 7, with one hand on one round, the other on one rail. On the top, change the position to the opposite side of the ladder, and change the position of the hands.
- 10, 11, 12. As Exercises 1, 2, and 3, with the back turned toward the ladder.

LESSON 9.

Exercises on the upper side of the ladder.**Position in front of and facing the ladder.**

- 1 Take the lying position on the ladder, face downward, the hands overhead on one round, the legs extended in the straddle position over the sides. Climb upward, and downward, the hands passing alternately to the same or to the next round.
- 2 As Exercise 1, the hands passing simultaneously to the next round.
- 3 As Exercise 1, but in advancing, the hands change alternately from the rounds to the rails, and *vice versa*.
- 4 As Exercise 2, the hands changing simultaneously from the rounds to the rails, and *vice versa*.
- 5-8. As Exercises 1-4, but in the lying position backward, face upward.
- 9 From the position forward, facing the ladder, support the body on both hands on one round (front leaning rest), the feet resting on the sides. Climb upward and downward, the hands passing alternately to the same or to the next round (Fig. 202).
10. As Exercise 9, both hands advancing simultaneously to the next round or space.
- 11 As Exercise 9, but in the position of support, the back turned toward the ladder, the body and

legs well extended (rear leaning-rest), the head rather backward than forward (Fig. 203), the hands advancing alternately on the rails or rounds.

12 As Exercise 11, both hands passing simultaneously to the next round or space.

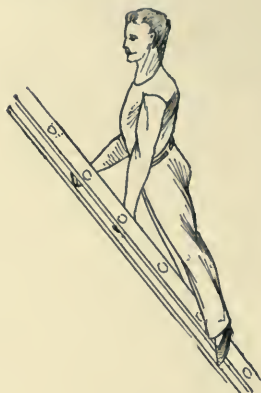


Fig. 202.



Fig. 203.

LESSON 10.

Exercises on the upper side of the ladder.

Position back turned towards the ladder.

- 1 Walking upward and backward, the feet and the hands on the rounds, (rear leaningrest), skipping one round in advancing. The limbs of the same side begin, those of the opposite side follow to the same round.
- 2 As Exercise 1, the limbs of the opposite sides beginning (right hand and left foot), the other limbs passing to the second higher rounds.
- 3 As Exercise 1, both hands moving simultaneously.
- 4 As Exercise 1, taking hold with only one hand, the other is placed on the hips.
- 5 Hop upward and backward on one or both legs, omitting one round. The hands pass simultaneously to the next round or space.
- 6 As Exercise 5, on one or both legs, taking hold with only one hand, the other is placed on the hip.
- 7 Walking forward upward, and backward downward, without taking hold with the hands (which are placed on the hips or in any of the various positions mentioned previously), the feet passing from round to round.
- 8 As Exercise 7, but backward upward and forward downward.

- | | |
|--|--|
| <p>9 As Exercise 8, but on the top face right or left about, and walk down backward.</p> | <p>10 As Exercise 7, omitting one or two rounds with every step.</p> |
| | <p>11 As Exercise 8, omitting one or two rounds with every step.</p> |

LESSON 11.

Exercises on the upper side of the ladder.

Position in front of and facing the ladder.

- | | |
|--|---|
| <p>1 Take the lying position, facing the ladder, the hands over the head on one round, and the legs extended in the straddle position over the sides. Raise the body upward into the position of support, holding the arms well extended and bracing firmly against the round. Return into the lying position, reversing the previous movement.</p> <p>2 As Exercise 1, travelling up and down the ladder.</p> <p>3 As Exercise 1, using only one arm for support, the other hand grasping the wrist of the bracing arm.</p> <p>4 As Exercise 1, with only one arm, the other hand resting on the hip. Travel up and down the ladder by using the arms alternately.</p> <p>5 Take the position of support on only one arm, the other hand on the hip, the feet resting on the sides. Hop upward in this position, changing to the opposite hand in hopping downward.</p> <p>6 Take the lying position facing the</p> | <p>ladder, the head downward, the legs extended in the straddle position upward. Support the body on the hands, the arms extended. (See Fig. 201.) Walk up and downward, the hands moving alternately to the same round.</p> <p>7 As Exercise 6, the hands moving alternately to the next round.</p> <p>8 As Exercise 6, hopping up and downward (both hands moving simultaneously to the next round).</p> <p>9 As Exercise 8, the hands on the sides, in moving upward, and hopping on only one hand, in coming downward.</p> <p>10 Take the sitting position, facing the ladder, the legs extended and spread sideways in the straddle position, the hands on one round. Support the body on the hands, and walk up and downward, the hands passing alternately to the same round.</p> <p>11 As Exercise 10, the hands passing alternately to the next round.</p> |
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LESSON 12.

Exercises on the under side of the ladder.

Position underneath and back turned towards the ladder.

- | | |
|--|--|
| <p>1 Jump into the hanging position, the back turned towards the ladder, and place the feet on one</p> | <p>round so as to have the body and the legs well extended (Fig. 204). Walk upward and down-</p> |
|--|--|

ward, the hands and feet moving alternately to the same round.

- 2 As Exercise 1, the limbs of the same sides moving simultaneously.

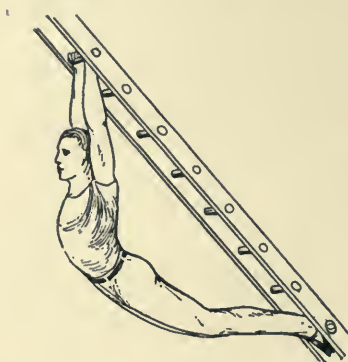


Fig. 204.

- 3 As Exercise 1, the limbs of the opposite sides moving simultaneously.

- 4 As Exercise 1, the hands or the feet advancing simultaneously.

- 5 Jump into the hanging position, the hands on one round or the rails. Hop upward and downward, omitting one round or space.

- 6 As Exercise 5, at the same time changing the position of the hands from the rounds to the rails, and *vice versa*.

- 7 Jump into the hanging position on one hand, on round or rail, the other hand on the hip. Hop upward and downward.

- 8 As Exercise 7, changing the hand from the round to the rail in advancing.

- 9 As Exercise 7, hopping sideways upwards, the hand on one rail. On the top, change to the opposite side, and hop downward on the other hand.

- 10 Jump into the hanging position facing the ladder, the hands on the rails or on the rounds. Turn the body over backward, the legs passing between the arms, and extend the legs upward (Fig. 205). Holding the body in this position, climb upward and downward.

- 11 As Exercise 1, in the hanging position, back turned toward the ladder, turn the body over completely, legs extended downward. Climb upward and downward, the hands moving alternately.

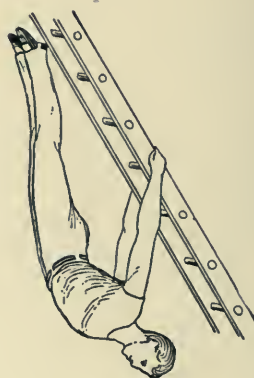


Fig. 205.

- 12 As Exercise 11, the hands moving simultaneously in coming downward.

HORIZONTAL LADDER

By Dr. HENRY HARTUNG

MOST of the exercises on the under side of the inclined ladder can be practised on the horizontal ladder. The teacher, therefore, is referred to the respective exercises in the previous part.

The ladder must be raised to such a height, that when the body is in the hanging position, with the arms fully stretched, the extended feet will not touch the floor.

It should also be remembered, that whenever an exercise permits, it should be executed with all the different holds and positions of the hands.

LESSON 1.

Position underneath and at one end of the ladder.

- 1 Jump into the hanging position, both hands on one round or on the rails. Raise the knees forward and turn the body over
- 2 As Exercise 1, then push the feet through the space between two rounds and hang on the knees,

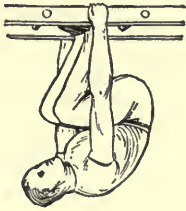


Fig. 206.

backward, halfway, placing both feet against one round, and return (Fig. 206). Repeat several times.

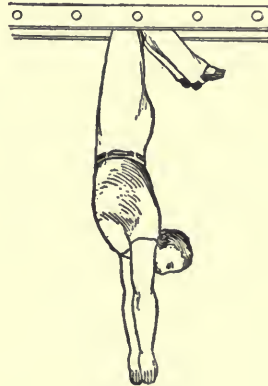


Fig. 207.

letting go with both hands (Fig. 207). The body assumes a vertical position. Return.

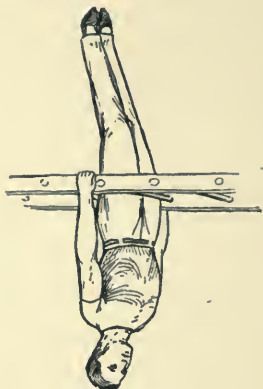


Fig. 208.

- 3 As Exercise 1, but from the hanging position sideways, facing inward, both hands on one of the rails.
- 4 As Exercise 2, but from the hanging position sideways facing outward, hanging on one rail.
- 5 As Exercise 3, while in the hanging position on the knees, swing the body fore and backward, the arms either overhead or folded on the chest.
- 6 As Exercise 2, at the end of the ladder swing the body fore and backward. At the end of the backward swing quickly remove the legs from the ladder, and jump to the standing position (kneedrop).
- 7 As Exercise 1, retaining the hold, then straighten the legs upward, bringing the body into a vertical position (Fig. 208). Bend and straighten the arms several times. Return.
- 8 As Exercise 1, then straighten the legs upward, the body and the legs in a vertical position, turn the trunk right and left. Return.
- 9 As Exercise 1, but hold with the toes of both feet on to a round back of the hands, press the body backward as far as possible (nest) (Fig. 209). Return.
- 10 As Exercise 9, taking hold with only one foot, the other leg extended backward in a horizontal position.
- 11 As Exercise 1, then turn the body over completely backward into the hanging position backward, the legs extended downward. Let go with both hands, and jump to the floor.
- 12 As Exercise 11, but without touching the rounds with the feet in turning over backward, then return to the hanging position forward, and repeat.



Fig. 209.

LESSON 2.

Position sideways facing inward at one end of the ladder.

- 1 Jump into the hanging position on one of the rails. Move the right hand sideways repeatedly until the hands are apart at full reach (Fig. 210). Return the hand to the starting position. Repeat the same with the other hand.
- 2 As Exercise 1, moving the hands simultaneously.
- 3 As Exercise 1, moving the hands alternately.
- 4 Hanging position as in Exercise 1, cross one hand over the other, and return. The same with the other hand, and simultaneously with both hands.
- 5 As Exercise 1, but instead of returning the hand to the starting position, advance the other hand to the hand first moved, and continue these movements, thus travelling sideways from one end of the ladder to the other.
- 6 As Exercise 5, the hands moving sideways on the rounds, instead of the rails.
- 7 As Exercise 5, moving the hands alternately on the rail in the same direction to the end of the ladder, and return to the starting-point.
- 8 As Exercise 7, with the hands on the rounds, and as far apart as possible.
- 9 As Exercise 7, with one hand always crossing over the other in travelling sideways.
- 10 As Exercise 7, the hands moving simultaneously sideways on one side.
- 11 As Exercise 10, both hands moving simultaneously sideways on the rounds.
12. As Exercise 10, with one hand on one round, the other on the rail, both moving simultaneously to the next round or space.

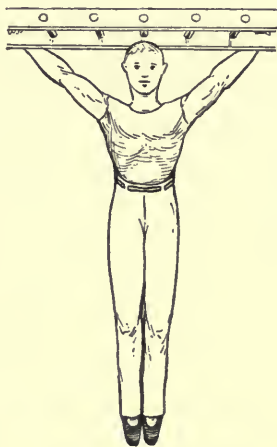


Fig. 210.

LESSON 3.

Position underneath and in the middle of the ladder.

- 1 Jump into the hanging position, the hands on the rails, the palms forward. Quit the hold with one hand and turn the body forward one quarter turn around the other arm, taking hold of the

- rail with both hands. Return to the first position, and repeat with the other arm.
- 2 As Exercise 1, turning one quarter turn backward around one arm, and return.
 - 3 As Exercise 1, with a half turn at the same time swinging the extended arm downward and forward upward (describing a half circle), taking hold on the rail as far away from the stationary hand as possible. Return and repeat with the other arm.
 - 4 As Exercise 3, turning backward, circling the arm downward and then backward upward.
 - 5 As Exercise 1, hanging with both hands on one round, the palms forward. Turn one quarter turn forward, the hand changing to another round, and return.
 - 6 As Exercise 5, turning backward around one arm, and return.
 - 7 As Exercise 5, circling one arm downward and forward to a round in farthest reach. Return, and repeat with the other arm.
 - 8 As Exercise 7, turning and circling the arm backward.
 - 9 Hanging position as in Exercise 1, but the palms turned backward. Turn one quarter turn backward around one arm, circling the other arm, and taking hold on the same rail which the stationary hand holds. Return, and repeat with the other arm.
 - 10 From the hanging position on one side, facing the ladder, palms backward, turn three quarters turn around one arm backward, the other arm circles backward upward, taking hold of the opposite rail. Return.
 - 11 Hanging position on one round, the palms forward. Turn one half turn forward around one arm, circling the other arm forward upward, taking hold on the same round. Return.
 - 12 As Exercise 11, but the palms backward and turn backward around one arm.

LESSON 4.

Position sideways facing outward at one end of the ladder.

- 1 Jump into the hanging position, both hands on one rail, the palms forward. Turn one half turn forward to the right around the right arm, and advance left hand on the same rail, beyond the right, the palm forward. Then turn one half turn forward around the left arm, changing hold with the right hand; continue this travelling from one end of the ladder to the other.
- 2 As Exercise 1, beginning from position palms backward, and turn one half turn backward instead of forward, being careful to always take the position, the palms backward, when retreating.
- 3 As Exercise 1, the hands on two rounds, the palms inward. Execute one half turn backward continually, and alternately around the right and left arm, always

- placing the moving hand in position, the palms inward.
- 4 As Exercise 3, but the palms outward and turn forward, always placing the advancing hand in position, the palms outward.
 - 5 First movement like that of Exercise 1, taking hold with the advancing hand, the palm backward. Then execute one half turn backward around the first arm moved, and take a hold with the advancing hand, the palm forward, thus describing a whole circle in the same direction. Continue this travelling from one end of the ladder to the other.
 - 6 As Exercise 5, beginning with the position palms backward, and reverse the movements and positions of the hands, continually describing circles backward.
 - 7 As Exercise 5, with the hands on two rounds, the palms inward.
1st movement : turn one half turn backward around one arm, change the hold palm outward.
2d movement: turn one half turn forward around the other arm, change the hold, the palms inward. Travel in this manner from one end of the ladder to the other.
 - 8 As Exercise 7, beginning with the position, the palms outward, and turn first backward, then forward.
 - 9-16 As Exercises 1-8, swinging the advancing arm in a circle downward and upward, to the farthest reach on the rails or rounds, thus skipping several rounds or spaces.

LESSON 5.

Position sideways facing inward at one end of the ladder.

- 1 Jump into the hanging position on one of the rails and swing the body sideways, raising right and left hand quickly when swinging to the corresponding sides.
- 2 As Exercise 1, raising both hands simultaneously and return quickly, at each sideways movement of the body.
- 3 As Exercise 1, travel sideways from one end of the ladder to the other, both hands advancing alternately in the same direction.
- 4 As Exercise 1, reversing the hold of the hands alternately when swinging sideways.
- 5 As Exercise 1, alternately crossing one arm over the other and return.
- 6 As Exercise 4, at the same time travelling from one end of the ladder to the other.
- 7 As Exercise 5, and travel from one end of the ladder to the other.
- 8 As Exercise 2, and advance both hands simultaneously, travelling from one end of the ladder to the other.
- 9 As Exercise 3, with the hands on the rounds, both hands advancing alternately in the same direction.
- 10 As Exercise 6, with the hands on the rounds, and change from palms inward to palms outward, when advancing.
- 11 As Exercise 7, with both hands on the rounds.
- 12 As Exercise 8, both hands moving simultaneously on the rounds.

LESSON 6.

Position underneath and at one end, facing the ladder.

- 1 Jump into the hanging position, the hands on the sides, the palms inward.

a. 1st movement: Advance the right hand one space, and raise the right knee forward to a right angle (Fig. 211).



Fig. 211.

2d movement: Advance the left hand to the same space, and straighten the leg downward.

b. The same movement, but with the left leg and left hand. Continue alternately to the end of the ladder.

- 2 Hanging position, the hands on one round, the palms forward.

a. 1st movement: Advance the right hand to the next round, and raise the right leg forward horizontally.

2d movement: Advance the left hand to the same round, and lower the leg.

b. As *a*, but with the left leg and left hand. Continue.

- 3 As Exercise 1, with the palms outward. Raise the feet backward, bending the leg to a right angle. Continue.

- 4 As Exercise 2, with the palms backward. Raise the legs sideways, and return alternately. Continue.

- 5 1st movement: As in Exercise 1.
2d movement: pass the left hand to the next round, straighten the right leg, at the same time raising the left knee. Continue.

- 6 1st movement: As in Exercise 2.
2d movement: pass the left hand to the next round, and lower the right leg, at the same time raise the left leg forward. Continue.

- 7 1st movement: As in Exercise 3.
2d movement: pass the left hand to the next space, lower the right foot, at the same time raise the left one backward. Continue.

- 8 1st movement: As in Exercise 4.
2d movement: pass the left hand to the next round and lower the right leg, at the same time raise the left leg sideways.

- 9-16 As Exercises 1-8, beginning from the hanging position at one end of the ladder, the back turned towards the ladder. All movements of the legs, however, remain as in the previous exercises.

LESSON 7.

Position underneath and at one end of the ladder, facing it.

- 1 Jump into the hanging position on the rails, the palms inward. Hop forward and backward on both hands (the hands move simultaneously forward to the next space), and raise both knees forward to right angles on the first movement of the hands, straighten the legs on the second. Continue.
- 2 As Exercise 1, with the hands on one round, the palms forward, and raise both legs forward to a horizontal position on the first movement, lower the legs on the second. Continue.
- 3 As Exercise 1, with the hands on the rails, the palms outward, on the first movement raise both feet backward, bending the knees to right angles.
2d movement: Straighten the legs downward. Continue.
- 4 As Exercise 2, with the palms backward.
On the first movement bend both feet upward (the legs remain extended).
On the second movement straighten the feet. Continue.
- 5 As Exercise 1, with one hand on one rail, the palm inward, the other on one round, the palm forward, hop fore and backward in this position.
On the first movement spread the legs sideways to a straddle position.
On the second movement close the legs.
- 6 As Exercise 5, with one hand on one rail, the palm outward, the other on one round, the palm backward. Hop fore and backward.
On the first movement spread the legs to a cross straddle position, one leg forward, the other backward.
On the second position close the legs.
- 7-12 As Exercises 1-6, the holds and positions of the hands as well as the hopping movement fore and backward are executed the same as in the previous exercises, but the legs are to be raised and kept in one of the positions indicated in the first movement of the first six exercises.

LESSON 8.

Position sideways, facing inward.

- 1 Jump into the hanging position, both hands on one rail, the palms forward.
1st movement: Bend the arms slowly to right angles, and raise the legs forward to a horizontal position.
2d movement: Straighten the arms and lower the legs. Repeat.
- 2 As Exercise 1, but in the first movement straighten the right arm sideways, the hand on the rail, and raise the right leg sideways.

2d movement: Back to position, and the same with the opposite limbs. Repeat.

- 3 Hanging position as in Exercise 1, cross the limbs of one side over those of the opposite sides, and return to position. Repeat.



Fig. 212.

- 4 Hanging position as in Exercise 1, then bend the arms and reverse the hold with both hands simultaneously. At the same time raise the knees forward to right angles. Return to the starting position.

- 5 Hanging position as in Exercise 1. Bend the arms to right angles, and —

a. Raise the right elbow over the right rail, and raise the right foot backward;

b. As *a*, but with the left arm and left foot;

c. As *a*, but exercising both arms and feet simultaneously (Fig. 212). (Underarm hang.)

- 6 Hanging position as in Exercise 1, bend the arms, and —

a. Straighten the right arm over the upper side of the ladder, raising the right leg forward horizontally, and return to position;

b. As *a*, but with the left arm and the left leg;

c. As *a*, but with both arms and legs simultaneously.

- 7 Hanging position as in Exercise 1, bend the arms and swing the body fore and backward. At the end of the backswing move both arms to the elbows over the rail of the ladder, and return to the previous position at the next backward movement.

- 8 As Exercise 7, moving the entire arms over the upper side of the ladder. (Upperarm hang.)

- 9 As Exercise 7, but at the end of the backswing slide both hands sideways outward to the farthest reach, return at the next backward movement.

- 10 As Exercise 9, crossing the arms simultaneously.

- 11 As Exercise 7, but at the end of the backswing, hop with both hands toward one side; continue from one end of the ladder to the other.

- 12 As Exercise 11, with one hand on one rail, the other on one round.

LESSON 9.

Position underneath and in the middle of the ladder.

- 1 Jump into the hanging position, the hands on the sides, the palms inward. Turn the body over backward into the hanging position backward, and —

a. Raise the right hand quickly and return;

b. Raise the left hand quickly and return;

- c. Raise both hands quickly and return.
- 2 As Exercise 1, but in the hanging position backward:—
- Spread the legs to the side-straddle position and return;
 - Spread the legs to the cross-straddle position (one leg forward, the other backward), and return;
 - Raise and straighten the knees.
 - Raise the feet backward, bending the knees, and return.
- 3 Jump into the hanging position sideways at one end and facing outward, both hands on one rail, the palms backward. Turn the body over backward halfways into the reversed hanging position. Straighten the legs upward and travel sideways to the opposite end of the ladder, the hands move alternately.



Fig. 213.

- 4 As Exercise 3, facing inward turn the body over completely into the hanging position backward (Fig. 213).

- 5 As Exercise 4, but after taking the reversed hanging position, bend the arms and raise the body upward onto the upper side of the ladder (Fig. 214). Jump down forward.

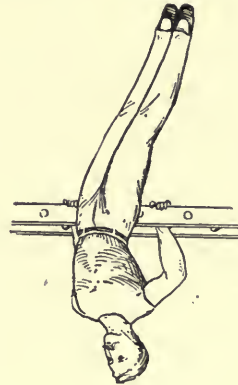


Fig. 214.

- 6 As Exercise 5, then change the holds of both hands to palms backward on one side, and slowly roll over backward into the hanging position backward; then turn the body over forward into the hanging position forward.
- 7 Jump into the hanging position, the hands on both rails, the palms inward. Turn the body over backward halfways, straighten the legs through the space between the two rounds, bend the arms, and wind the body through the space, coming into the front leaningrest. Return, reversing the movements.
- 8 As Exercise 7, winding through one space to the upper side of the ladder, coming into the rear leaningrest. Walk in the direc-

- tion of the head or feet in this position, and at the end of the ladder jump down sideways.
- 9 Hanging position as in Exercise 1, turn the body over backward, placing both feet on one round behind the body, straighten the body and extremities. Return.
 - 10 Position as in Exercise 9, and lower —
 - a. The right foot and return;
 - b. The left foot and return;
 - c. Bend and straighten both arms.
 - 11 Position as in Exercise 9, and travel in the direction of the head, feet and arms moving alternately, one hand and foot leading.
 - 12 As Exercise 11, travelling in the direction of the feet, both hands moving simultaneously.

LESSON 10.

Position underneath the ladder.

- 1 Jump into the hanging position, the hands on the rails, the palms inward. Raise the body and the legs to a horizontal position forward (frontlever) and try to hold it for some time (Fig. 215).



Fig. 215.

- 2 As Exercise 1, with both hands on one of the rails.
- 3 As Exercise 1, with both hands on one round.
- 4, 5, and 6 As Exercises 1, 2, and 3, but turn the body over backward, and straighten it into a horizontal position backward; the head, body, and the legs in the same plane (rearlever). Hold the position for some time, then bend the knees and turn the body forward into the hanging position.
- 7 Turn the body over backward into the rearlever, then lower the body slowly downward without bending the legs. Return in the reverse order.
- 8 Frontlever, then turn the body over into the rearlever, and return. Repeat.
- 9 Hanging position, both hands on one round. Turn the body over backward halfway, spreading the legs to a sidestraddle position, and travel forward and backward, the hands moving alternately.
- 10 Frontlever, the hands on the rails or on one round, travel in the direction of the head or the feet, the hands moving alternately.
- 11 As Exercise 10, but in the rearlever.
- 12 From the position sideways, facing outward, frontlever, the hands on one of the rails, the palms backward. Hold the body and the legs extended, and slowly turn into the reversed hanging position, the head downward. Then bend the arms and turn the body over backward into the front leaningrest on top. Front-vault.

LESSON 11.

Position underneath the ladder.

- 1 Jump into the hanging position, the hands on one round, the palms forward. Quickly turn (hop) left or right about.
- 2 As Exercise 1, with both hands on the rails instead of on one round.
- 3 As Exercise 1, but while turning jump to the next round.
- 4 As Exercise 2, but while turning move the hands to the next space.
- 5 As Exercise 1, with the body swinging forward and backward, the turning at the end of the fore-swing.
- 6 As Exercise 5, with the hands on both rails, and the turning at the end of the backswing.
- 7 Hanging position as in Exercise 1, catch hold of one wrist, bend and straighten the arm repeatedly.
- 8 As Exercise 7, hopping from one round to another, forward and backward.
- 9 As Exercise 7, placing one hand on the hip.
- 10 As Exercise 9, and raise both legs to a horizontal position.
- 12 As Exercise 11, and turn around on one hand as far as possible, and return. Change the hands, and repeat with the other arm.

LESSON 12.

Position underneath the ladder

- 1 Jump into the hanging position, the hands on both rails or one round. Swing the body forward and backward, and at the end of each forward movement raise both knees and hop forward.
- 2 As Exercise 1, hopping forward at the end of the backswing, at the same time bending and straightening the knees.
- 3 As Exercise 1, hopping forward in the fore and backswing, bending and straightening the knees with every advance.
- 4, 5, and 6 As Exercises 1, 2, and 3, omitting one round or space when advancing.
- 7 As Exercise 1, but at the end of the forward movement turn the body over backward into the rear hanging position, and continue swinging. Return and repeat.
- 8 As Exercise 7, but after turning over backward, return at once into the front hanging position and continue swinging. Repeat.
- 9 As Exercise 7, but from the rear hanging position let go with one hand and execute a whole turn around one arm, taking hold again with the hand. Repeat the same, but turn around the other arm.
- 10 As Exercise 7, beginning from the hanging position, both hands on one rail, the palms backward, facing the ladder. After turning the body over halfway, immediately pull the body up-

ward over the upper side of the ladder into a sitting position, then roll over backward and jump down backward, quickly letting go.

- 11 As Exercise 10, but from a sitting position on the ladder change to the rear leaningrest. Bend the arms and slowly lower the body backward into a rearlever underneath the ladder. Jump to the floor.
- 12 As Exercise 11, but from the rear leaningrest, bend the arms, transfer the weight of the body

onto one hand, letting go with the other, and turn around the supporting arm. Take hold again with the other hand, which now carries the weight of the body and around which the body executes one half turn backward, the free hand swinging backward, taking the same hold as in the original position. Continue the turning forward and backward from one end of the ladder to the other. Rear-vault.

SIMULTANEOUS EXERCISES ON FOUR
INCLINED LADDERS

("Gemeinuebungen")

BY DR. KARL ZAPP

THESE exercises are to be performed by a class of girls from thirteen to sixteen years of age. On each of the ladders three girls perform simultaneously. In going up the ladder, the first girl starts, the second follows after four counts, and the third ditto; all of them reaching the starting position in sixteen counts.

GROUP I.

Exercises in the leaning position.

- 1 Mount on the upper side, and assume the leaning position (Fig. 216). Raise the left and right leg alternately, 16 counts; turn over on the under side of the ladder into position in 4 counts; then Nos. 2 and 3 jump down; No. 1 moves downward 4 counts and alights; all return to their places while the next set marches up.
- 2 Raise the left and right arm alternately.
- 3 Raise one arm and one leg alternately.
- 4 Raise one arm and one leg (opposite) simultaneously.

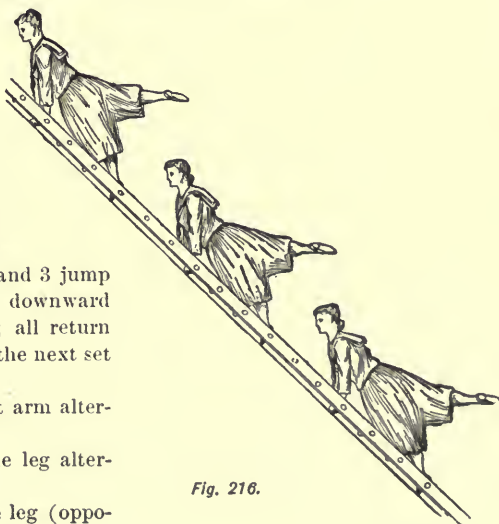


Fig. 216.

GROUP II.

Exercises in the hanging position.

Mount on the lower side (using the hands and the feet), then let go the feet, and assume a hanging position on the sides or rounds.

- | | |
|--|--|
| <p>1 Raise the right and left knee alternately, then both, 16 counts, and repeat.</p> <p>2 Raise the leg sideways and move crosswise, left and right.
16 counts.</p> | <p>3 Raise the leg forward, move backward left and right. 16 counts.</p> <p>4 Raise both knees, then straighten the left leg forward and the right leg backward, etc. 16 counts.</p> |
|--|--|

N. B.—After each of these exercises, the girls return to the class and the next twelve take their places.

GROUP III.

Standing on the ladders.

Mount on the ladder *ad libitum*, and stand in the sidestand, one foot two rounds higher than the other.

- | | |
|---|--|
| <p>1 Hands on shoulders; straighten arms outward, and reverse.
16 counts.</p> <p>Then turn over on the lower side, and jump down as in Group I.</p> <p>2 Hands on shoulders; move them upward, forming an arch over the head, etc. 16 counts.</p> | <p>3 Raise the arms outward, move them upward, forming an arch over the head. 16 counts.</p> <p>4 Raise the arms to the left, move them upward, then sideways right, then down. 16 counts.</p> |
|---|--|

These exercises may also be executed in the crossstand (back or face toward the ladder).

GROUP IV.

Hanging position.

Mount on the upper side and turn over; or mount on the lower side.

- | | |
|---|--|
| <p>1 Hang on the rounds in the side or crosshang, twist the body left and right. 16 counts.
This can also be combined with leg exercises.</p> <p>2 Hang by one hand and place the left or the right hand on the shoulder or hip, or raise the arm outward. 16 counts.</p> | <p>3 Hang by one hand, and raise the arm sideways, place the hand on the shoulder, then sideways, and return. 16 counts.</p> <p>4 Hang by one hand, and turn the body; resume the hold. 16 counts.</p> |
|---|--|

GROUP V.

Hangstand on the lower side.

Mount as stated before, but let the feet remain on the rounds.

- | | |
|---|--|
| <p>1 Draw the body (chest) up towards the ladder four times.</p> <p>2 With arms bent, change grip, or let go and straighten one arm sideways.</p> | <p>3 With arms bent, straighten one arm and move one leg outward simultaneously.</p> <p>4 Let go with one hand and turn the body (hangstand sideways).</p> |
|---|--|

GROUP VI.

Miscellaneous exercises.

- | | |
|---|--|
| <p>1 Sitting on one rail (hands behind), swing the legs over to the other rail.</p> <p>2 Rear leaning position, move the left leg and right arm outward simultaneously; move the arm overhead and cross the leg in front of the right (knee bent), and reverse.</p> | <p>3 Hang by the knees, lower the body with extension of arms; raise the body, and take hold again.</p> <p>4 In hangstand; change position of the hands (grip) simultaneously —
 <i>a.</i> On the rounds;
 <i>b.</i> On the rails;
 <i>c.</i> From the rounds to the rails, and reverse.</p> |
|---|--|

RINGS

BY DR. CARL ZIEGLER

I

Swinging.

The rings must be within easy reach.

- 1 Grasp the rings, walk backward as far as possible, then run forward and swing backward several times. Jump off with the backswing.



Fig. 217.

- 2 The same as Exercise 1, but run backward and swing forward.
- 3 Combine Exercises 1 and 2, i.e., run both forward and backward.
- 4 As Exercise 1, and with the fore-swing face about. Turn back into the original position at the finish of the swing.
- 5 The same as Exercise 4, executing a whole turn. This should not be attempted until the foregoing exercises have been successfully performed.
- 6 Run backward, and turn at the end of the backswing.
- 7 As Exercise 1, with bending the arms at the finish of the fore-swing (Fig. 217), at the finish of the backswing straighten the arms (sinking down slowly).
- 8 As Exercise 2, and bend the arms at the end of the backswing; straighten the arms at the end of the foreswing.
- 9 As Exercise 7 or 8, swinging back and forth several times in the bent arm position.
- 10 Combine Exercises 7 and 8. At the finish of the foreswing bend and straighten the arms quickly, then take several steps and bend and straighten the arms again, etc.

NOTE. — After having mastered the foregoing exercises thoroughly, try them with the rings raised out of reach, i.e., so that you must jump for them and have some one swing you or give you “a start.”

II

Without Swinging.

The rings must be as high as the shoulders.

- 1 Grasp the rings, then allow the body to drop backward slowly into the fronthangstand (Fig. 218).

NOTE. — The arms should be parallel, the body straight and inclined backward from the feet, which should be planted firmly upon the floor, the chest should be well forward, the head in a line with the body.

- 2 As Exercise 1, then raise the left leg forward and upward (the leg perfectly straight).
- 3 As Exercise 1, then raise the left knee. (The thigh and the body form a right angle, the thigh and leg also.)
- 4 Step forward and sink into the fronthangstand, then execute a half turn over backward, both legs bent, into the inverted squathang (Fig. 219).

NOTE. — To turn over backward, jump off lightly with both feet and throw them quickly upward; at the same time bend both knees, drawing them up closely to the body.

- 5 As Exercise 4, then straighten the body upward into the inverted hang. (See Fig. 109.) Let the feet touch the ropes at first; later have the legs and the feet together.

- 6 As Exercise 4, then place the feet within the rings and turn the body over backward and downward (retaining the hold with the hands and the feet) into the nest.



Fig. 218.

- 7 As Exercise 6, then straighten the left leg backward (remove the foot from the rings and replace after a short pause).
- 8 As Exercise 6, then straighten the left arm forward. (Let go of the rings and straighten the

- arm, then grasp the ring again after a short pause.)
- 9 Combine Exercises 7 and 8 (straighten the left arm and right leg, or the right arm and left leg) (Fig. 220).
- 10 As Exercise 4, then pass the feet through the rings into the kneehang; the hands remain, i.e., do not give up their hold.
- 11 As Exercise 10, then let go with the hands, straighten the back and fold the arms — kneehang (See Fig. 117).
- 12 As Exercise 4, then continue the turn backward and straighten the legs downward into the hangstand backward (See Fig. 131).

NOTE. — After executing an exercise, always return to the original or starting position in the reverse order.



Fig. 219.

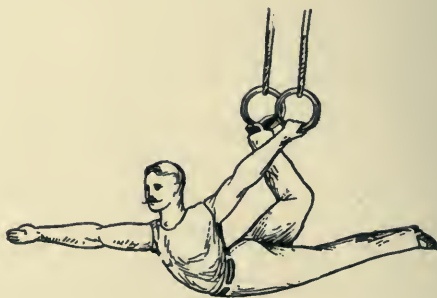


Fig. 220.

III

Without Swinging.

The rings must be as high as the shoulders.

- 1 Stand directly between and under the rings, grasping them. Allow the body to sink backward slowly into the fronthangstand (Fig. 218). Bend and straighten the arms rapidly.
- 2 As Exercise 1, sinking forward slowly into the rearhangstand (the arms above the head) (Fig. 221).
- 3 As Exercise 1, but sinking sideways left (Fig. 222).

- 4 Exercises 1 and 2 alternately, changing from one to the other through the upright position.
- 5 As Exercise 4, sideways left and right alternately.
- 6 As Exercise 2, then change to position forward by describing a half circle to the left passing through

the position sideways. Reverse into the first position.

- 7 As Exercise 2, then change to position sideways left, then forward and sideways right again to the first position. Circle from left to right, or from right to left.



Fig. 221.



Fig. 222.

IV

Swinging the legs and the body.

A

The rings must be stationary.

- 1 Jump into the ordinary hang. Swing the legs forward and backward—shortswing (Fig. 223, *a* and *b*).

NOTE. — When swinging the legs forward the thighs are flexed upon the body, but the legs remain ex-

tended. The legs can thus gradually be raised until the feet touch the ropes. This exercise (the shortswing) can be used as a preliminary movement to the exercises of the second group and other kindred exercises, when the rings are above reaching distance. When swinging the legs backward keep them straight, throw



Fig. 223 a.

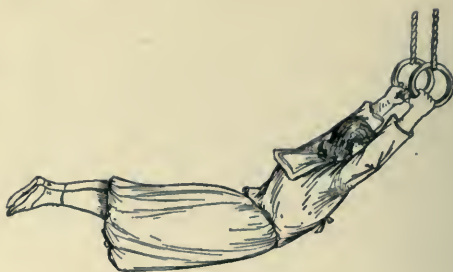


Fig. 223 b.

the chest forward, with head erect.

- 2 As Exercise 1, swinging sideways left and right.
- 3 Swing the legs in a circle from left to right, or from right to left (Fig. 224).

NOTE. — The upper part of the body moves very little, while the hips and the legs describe the circle. The ropes must not twist. Begin and stop gradually.

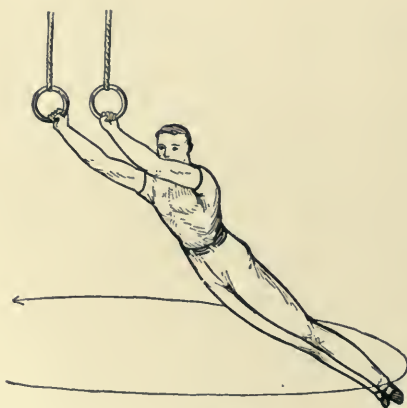


Fig. 224.

B

The rings must be within easy reach.

- 4 Pass the arms through the rings into the elbowhang, then repeat Exercises 1, 2, and 3.



Fig. 225.

C

The rings must be as high as the head.

- 5 Pass the arms through the rings into the shoulderhang, then repeat Exercises 1, 2, and 3 (Fig. 225).

NOTE. — In the last exercises the rings should be under the shoulders; the arms may be either straight or down at the sides, or the hands may hold on to the rings, or the pupil may grasp hands backward, the latter being the most difficult.

V

Swinging.

The rings must be within easy reach.

- | | |
|---|---|
| 1 Grasp the rings with the ordinary hold. Step backward, run forward, and at the end of the fore-swing turn over backwards into | the inverted squathang, as in the Second Group (Fig. 219).
2 Exercise in the same manner the movements of the Second Lesson. |
|---|---|

NOTE. — By gradually raising the rings, these exercises become more difficult.

VI

Without swinging.

The rings must be at jumping distance.

- | | |
|---|---|
| 1 Jump into the hang with the ordinary hold. Raise both legs forward. | 5 As Exercise 4, stopping when the body has reached the horizontal position backward — rearlever (Fig. 226). Then sink lower into the hang, and jump off. |
|---|---|
- NOTE. — In this and all of the following exercises, the legs should be raised perfectly straight, the knees and the feet together.
- | | |
|--|---|
| 2 As Exercise 1, continuing the raising until the feet are as high as the rings. | 6 As Exercise 5, turning over forward again from the rearhang as in the Fourth Exercise. |
| 3 As Exercise 2, then straighten upward into the inverted hanging position; lower the body forward slowly without flexing the thigh. | 7 As Exercise 6, in the rearhang twisting the shoulders and so regain the original position. |
| 4 As Exercise 3, lowering the body backward into the rearhang; then flex the thighs and turn over forward. | NOTE. — This exercise, called the shouldertwist, is rather difficult to describe. The body gives a slight jerk upward, the arms are spread sideways, and the head of the humerus of each arm turns completely around in its socket. |

- 8 As Exercise 5, from the rear lever raise the straight body into the inverted hang, then lower slowly forward.
- 9 As Exercise 2, then straighten the body backward into the rear lever. Jump off.
- 10 As Exercise 9, then bend the knees and turn over forward into the inverted squathang, then straighten the left leg upward, and lower the body forward into the frontlever. Sink into the hang, and jump off.
- 11 As Exercise 3, then lower the body forward into the frontlever.
- 12 As Exercise 9, then from the rear-lever raise into the inverted hang and lower into the front-lever.

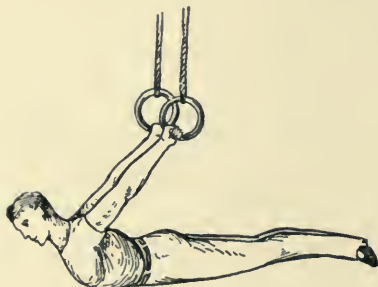


Fig. 226.

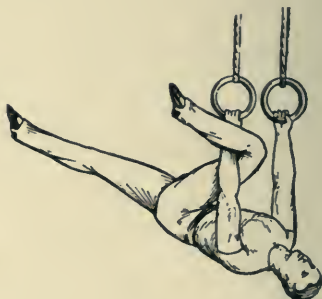


Fig. 227.

VII

Without swinging.

The rings must be within jumping distance.

- 1 Grasp with the ordinary hold. Turn over backward into the inverted hang with bent hips; then move the left leg outward, and cross and bend it over the left wrist (Fig. 227).
- 2 As Exercise 1, placing the right leg upon the left wrist.
- 3 As Exercise 1, as the left leg touches the arm, the left hand releases its hold and allows the leg to pass between it and the ring, then resumes its hold—left hand cutoff.
- 4 As Exercise 2, releasing the hold as in Exercise 3.
- 5 As Exercise 1, straddling and releasing both the rings, and jumping into the stand under the rings—double cutoff. (Throw the body well forward the moment you let go.)

NOTE.—The foregoing exercises may also be executed while swinging.

VIII

Without swinging.

The rings must be within easy reach or jumping reach.

- 1 Grasp with the ordinary hold. Raise the legs forward and upward, at the same time bending the arms, and turn over backward into the resting position in the rings (Fig. 228).
- 2 As Exercise 1, then bend the arms to the bent arm rest.
- 3 As Exercise 2, then sink backward into the hanging position.
- 4 Bend the arms until the shoulders are on a level with the hands, then turn the hands forward and straighten the arms, pushing the body upwards into the resting position — pushup.
- 5 As Exercise 4, then roll over forward into the hang.
- 6 As Exercise 1, then turn over forward into the bent arm handstand in the rings, the feet around the ropes.
- 7 As Exercise 4, then turn forward into the handstand in the rings, the feet against the ropes (Fig. 229).



Fig. 228.



Fig. 229.

- 8 As Exercise 7, the handstand without the feet touching the ropes.

NOTE. — Although very difficult, the foregoing exercises may be performed with swinging.

VERTICAL POLES

By WM. KOPP

I

Climbing.

ON one pole, with the help of the hands and the feet.

Position of attention, facing the pole.



Fig. 230.



Fig. 231.

with the right ; lift the left foot from the ground, and place it against the right side of the pole, the knee on the left side ; lift the right foot, and place it in front of the pole, the ankles crossing, the outside edge of the feet together, the pole between them (Fig. 230) — climbing position.

- 2 Raise the right hand to the reach, and grasp the pole, the left following ; draw up the legs without moving them from the pole, and without bending the arms, tighten the hold of the feet when elevated (Fig. 231), then straighten the legs and the trunk. Repeat, thereby gradually climbing upward. Then descend in the reversed order. The teacher should not permit any sliding down.
- 3 As Exercise 1, beginning with the right hand, and the position of the feet reversed.

II

Hand over hand climbing.

- 1 As in the First Exercise of Lesson I.
- 2 Raise the right hand to the reach, and grasp the pole, raise the legs

to the climbing position without bending the right arm, straighten the legs and the trunk. Repeat, raising the left hand to the reach. Descend in the reversed order.

3 As Exercise 2, grasping upward with both hands at the same time.

With the hands only (HANDCLIMBING).

4 *a.* Raise the right hand to the reach, and grasp the pole, the left following, bending the arms, thereby lifting both feet from the ground, the legs together and straight, the toes pointing downward (Fig. 232).

b. Raise the right hand to the reach and grasp the pole, the left hand following. Repeat. Descend in the reversed order.

5 As Exercise 4, the left hand leading.

6 As Exercise 4, hand over hand.

7 As Exercise 4, with the body to the right of the pole, the left side slightly touching it, the legs together, straight and slanting to the front, the toes pointed in the same direction (Fig. 233).

8 As Exercises 4, 5, and 6, with leg movements, such as side or cross-straddle, raising the knees and heels, crossing the legs.



Fig. 232.



Fig. 233.

9 As Exercise 8, changing the position of the legs after a certain number of steps.

III

Climbing on two stationary poles with help of the hands and feet.

Stand between the poles.

1 *a.* Raise the right hand to the reach, and grasp the right pole, the left following on the left pole, bend the arms and raise the legs to the ordinary climbing position on the right pole (Fig. 234).

b. Raise the right hand to the reach, follow with the left, and raise the body. Repeat.

2 As Exercise 1, the left hand leading, and the feet in the climbing position on the left pole.

3 Exercises 1 and 2 alternately.



Fig. 234.



Fig. 235.

- 4 As Exercise 1, pressing the legs against the poles from the inside (the feet on the outside) (Fig. 235).
- 5 As Exercise 1, pressing the legs against the poles from the outside (the feet on the inside).
- 6 As Exercises 4 and 5, with both hands simultaneously, but one leg after the other.
- 7 As Exercises 4 and 5, with one hand after the other, but both legs simultaneously.
- 8 As Exercises 4 and 5, with both hands and both legs simultaneously.

IV

Climbing on two stationary poles without the help of the feet.

- 1 *a.* Raise the right hand to the reach, and grasp the right pole, the left following on the left pole; bend the arms, the body in a line with the poles. Repeat. In descending, reverse the order.
- 2 As Exercise 1, the left hand leading.
- 3 Climb up and downward, the hands grasping alternately.
- 4 As Exercises 1, 2, and 3, with the following leg movements:—
 - a.* Cross or sidestraddle.
 - b.* One or both knees raised.
 - c.* One or both heels raised.
 - d.* One or both legs raised forward.
 - e.* Raising and then straightening the knees.
 - f.* Raising the heels and then straightening the legs, etc.
- 5 Travel from one pole to the next, gradually climbing upward at the same time. Hop down on one, or two poles.

V

Swinging vertical poles.

- 1 Repeat the above climbing exercises while swinging.
- 2 Repeat the above climbing exercises on two poles while swinging.
- 3 *a.* Climb from one pole to the next.
b. Climb obliquely upward and downward along the line of poles.

The climbing from one pole to the next is done in the following manner:—

From the climbing position on one pole, one hand grasps the next pole, then the legs go over and lastly the other hand follows.

VI

Slanting poles.

Most of the exercises on the vertical poles can be practised on the slanting poles, but the climbing exercises on the upper side are a little more difficult. The climbing can also be varied by changing from the lower to the upper side, or by circling around a pole. Many exercises of the inclined ladders may also be practised here.

SIMULTANEOUS EXERCISES ON SWINGING POLES

For boys or girls 11 to 13 years of age

BY DR. KARL ZAPP

HAVE as many children exercise simultaneously as there are spaces between the poles.

GROUP I.

Hangstand. Leg exercises.

In the hangstand the feet are flat on the floor, the body straight, the head erect, the chest active. The smaller boys or

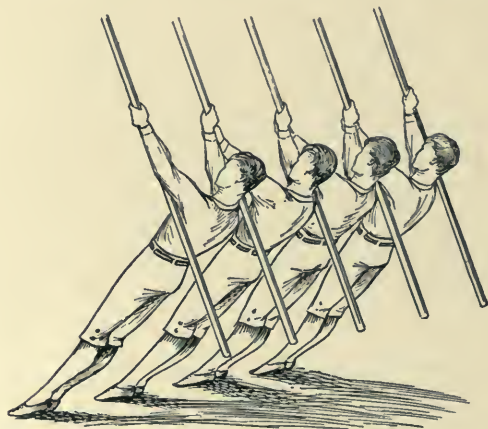


Fig. 236.

girls may stand alternately with the larger ones, and take hold below the hands of the latter (Fig. 236).

- | | |
|--|---|
| 1 Move the left and the right leg alternately outward and crosswise. 8 counts. | leg, 2; reverse, 3, 4. The same right. 8 counts. |
| 2 Raise the left and the right leg upward. 8 counts. | 4 Raise the left leg, 1; bend the knee, 2; extend, 3; lower, 4. The same right. 8 counts. |
| 3 Raise the left knee, 1; extend the | |

GROUP II.

Hangstand. Arm, leg, and trunk exercises.

- | | |
|---|---|
| 1 Lower the grasp of one hand, also give up the grasp of one hand. 8 counts. | turn in the same direction, they effect a swaying movement.) 8 counts. |
| 2 Move the head in different directions (8 counts), also roll the head. 8 counts. | 4 Change from the front hangstand to the rear hangstand, four times. (Face toward the floor, the body well extended.) 8 counts. |
| 3 Turn the body sideways. (If all | |

GROUP III.

Swinging on two poles.

Each pupil takes hold of two poles, goes back about three steps, and then, upon command, runs forward, the hands gliding upward; with the first step he jumps up, and grasping the poles firmly, he swings himself backward and forward two or three times, jumping down upon command.

- | |
|--|
| 1 Run and swing. 6 counts. |
| 2 Run and swing and flex the knees upward. 6 counts. |
| 3 Run and swing and flex the legs upward. 6 counts. |
| 4 Run and swing with bent arms (Fig. 237). 6 counts. |
| 5 Run and swing with bent arms continually swinging the legs forward and backward (short-swing). |



Fig. 237.

GROUP IV.

Exercises on one pole.

- | | |
|---|---|
| 1 Hang in the climbing position.
8 counts. | extend right or left arms, sideways.
8 counts. |
| 2 Hang in the climbing position, and
change the position of the legs.
8 counts. | 5 Hang in the climbing position, and
extend arm and leg sideways alternately.
8 counts. |
| 3 Hang in the climbing position, and
extend left or right leg sideways.
8 counts. | 6 Climbing. |
| 4 Hang in the climbing position, and | 7 Wander-climbing (from pole to pole). |
| | 8 Climbing on the swinging pole. |

BUCK

BY WM. A. STECHER

ALL exercises begin with a run.

The word lengthwise, or crosswise, before a lesson, means that the buck is to stand with its length either in line with the run, or at right angles thereto.

I

Lengthwise.

- 1 Jump into the freerest (see Fig. 155), then:—

- a. Sidestraddle.
- b. Crossstradle.
- c. Raise the heels (Fig. 238).
- d. Raise the knees;
- e. Cross the legs.

(See that the legs are closed, and the body in good position before landing on the board.)

- 2 Jump into the ridingseat; dismount left backward with a quarter turn left, and immediately jump into the ridingseat again; dismount right backward.
- 3 Jump into the ridingseat; swing the legs backward several times; straddleoff forward.
- 4 As in Exercise 3, swing the legs backward into the leaningrest (see Fig. 160); straddleoff forward.
- 5 Straddlevault forward.
- 6 Straddlevault forward as a farjump,

gradually moving the board away from the buck.

- 7 Straddlevault forward as a high-jump, gradually raising the buck higher.



Fig. 238.

II

Crosswise.

- 1 Jump into the freerest; repeat as soon as landing on the board.
- 2 As in Exercise 1, with the leg movements as in the first lesson.
- 3 As in exercise 1, then kneel on the buck. Straighten up, then knee-jump:—
 - a. Backward.
 - b. Sideways.
 - c. Forward.
 (Swing the arms in the direction of the jump.)
- 4 As Exercise 3; with one quarter or one half turn right or left.

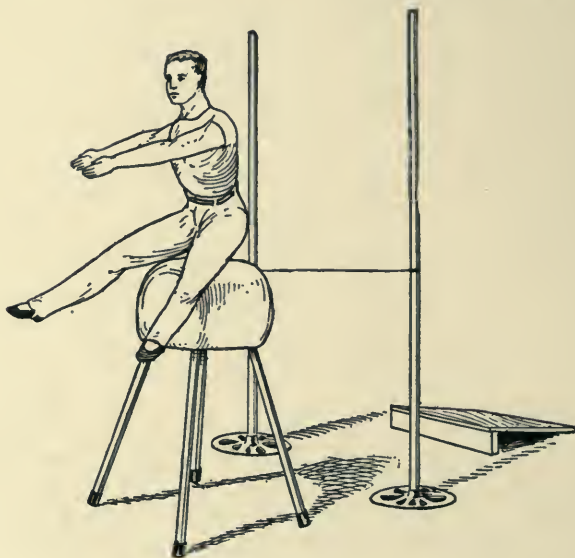


Fig. 239.

III

Lengthwise.

- 1 Jump, raising the knees well upward, into a squatting position on the buck (help); straighten the legs backward, and jump down.
- 2 As Exercise 1, then straighten the body upward (standing on the buck); jump off sideways or forward.
- 3 As in Exercise 2, swinging one leg well sideways or forward when jumping off.
- 4 As in Exercise 3, with one quarter or one half turn.

- 5 Straddle vault forward over a rope and a buck. The rope on the jumping-stand lies between the board and the buck; high straddle vault (Fig. 239). After each jump the rope is raised.
- 6 As in Exercise 5, the rope being stretched beyond the buck.
- 7 As in Exercise 6, as a farjump, gradually moving the rope away.
- 8 As in Exercise 5; gradually moving the board, or board and rope, farther from the buck — farstraddle jump.

The board may also be moved and the rope raised, thereby increasing the difficulty still more.

IV

Crosswise.

- 1 Stridemount right (see Fig. 156); swing the legs backward, and pushoff backward.
- 2 As in Exercise 1; shears left backward; dismount left sideways.
- 3 Flank vault right (see Fig. 146).
- 4 Wolf's vault left (see Fig. 151).
- 5 Squatting vault (help).
- 6 Front vault right, also with one quarter or one half turn left.
- 7 Rear vault left, also with one quarter or one half turn right.

V

Crosswise.

- 1 Jump with a quarter turn left into the seat on the buck (the right leg forward, the left backward), raise the body up, resting on the hands (Fig. 240), and swing the legs left and right sideways several times; when swinging to the right, pushoff sideways.
- 2 Straddle vault right sideways (the right leg in front).
- 3 Straddle vault left backward (with a turn left about).
- 4 Straddle vault sideways or backward with one quarter or one half turn before landing.
- 5 As in Exercise 5, gradually moving the board from the buck.
- 6 As in Exercise 5, gradually raising the buck higher.
- 7 As in Exercise 5, moving the board and raising the buck.



Fig. 240.

VI

Lengthwise.

Let the different movements of this lesson follow each other rapidly.

- 1 Stridevault right with one quarter turn right and straddle vault forward.
- 2 As in Exercise 1, with squatting-vault (help).
- 3 As in Exercise 1, frontvault right with a quarter turn left.
- 4 As in Exercise 3, and then let a rearvault left follow the front-vault.
- 5 From the frontrest (Fig. 241), straddle vault forward; also sideways; also backward.
- 6 As in Exercise 5, then squatting-vault forward; also with one quarter or one half turn right or left.



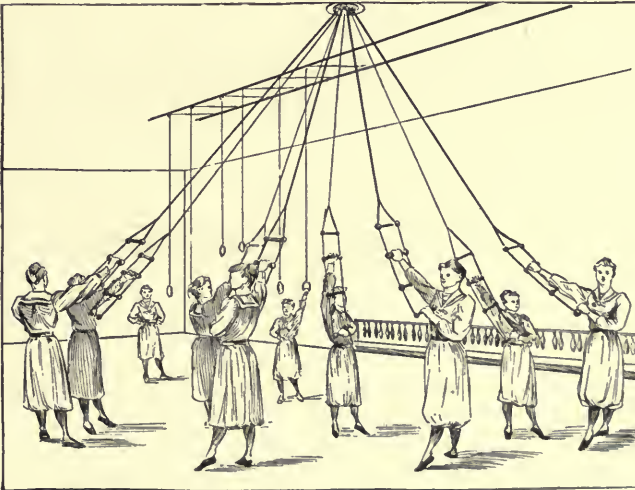
Fig. 241.

ROUND SWING

(GIANT STRIDE)

BY HANS BALLIN

THE class is formed in a column composed of ranks of three or four, the number being determined by the apparatus, which has either four, six, or eight ropes and ladders.

*Fig. 242.*

A circle whose centre is just below the centre of the swing is divided into as many parts as there are ropes. This aids the pupils in finding their correct distances and positions. The pupils just through exercising remain in their places until the next ones take the ladders out of their hands.

Most of the exercises of the following themes may also be executed on two ladders. In using two ladders, the pupils generally face the centre; and then the ladder to the right is for the right arm, and to the left for the left arm



Fig. 243.



Fig. 244.

THEME FIRST.

Moving in a circle by walking, running, skipping, hopping, hopping on one foot, galloping, etc.

A — Moving forward.

- 1 Walking forward with quick steps in a circle right or left. The pupils grasp a round, and stand as far from the centre as possible (Fig. 243). The right arm is straight, the right side of the body turned toward the centre, the left hand is on the hip, or grasps the lower end of the ladder.
 - 2 The same on tiptoes.
 - 3 The same running (Fig. 244).
 - 4 The same, changing from running to walking, or *vice versa*.
 - 5 Skipping.
 - 6 Changing from skipping to walking or running.
 - 7 Changing from walking to hopping on one foot.
 - 8 Changing from one movement to another upon command, or at a given number of counts (Fig. 245).
- a. Walk around the circle; upon command turn right about; then walk in a circle left. Repeat several times.

- 9 As 8, but with each change a turn in the opposite direction is executed.
- 10 As above, the pupils performing different exercises ; for instance, while some run, the others skip.

B — Moving sideways.

- 11 Quick walking, executing a closing step sideways (Fig. 246).
- 12 Gallop sideways left or right.
- 13 Gallop left or right and change, as in 4.
- 14 Changes of gallop and walking sideways with closing step, a given number of counts for each movement.
- 15 The same as in 14, in opposite directions.
- 16 Running sideways.
 - a. with closing step.
 - b. with crossing the left foot over the right, when running right.



Fig. 245.



Fig. 246.

THEME SECOND.

Moving in a circle forward and sideways, performing exercises in walking and hopping.

- 1 Gallop forward in a circle, the outer foot in advance.
- 2 The same with the inner foot in advance.
- 3 The same alternating.
 - a. after having completed the circle once.
 - b. after a given number of steps.
 - c. upon command.

- 4 Moving forward in a circle upon command.
- 5 As above, the pupils performing different movements; for instance, while four of them gallop forward in a circle, four are skipping.
- 6 Polka forward in a circle.
- 7 The same, alternating with walking, running, skipping, hopping, or with double gallop (two gallops forward, with one foot and then two forward with the other foot), in the manner indicated in Exercises 3, 4, and 5.

B — Moving sideways.

- 8 Running sideways, the left foot crossing over the right.
 - a. In front.
 - b. In rear.
 - c. Alternating in front and rear.
- 9 Double gallop sideways left, with closing step right at each third count.
- 10 The same as 9, executing a cross step instead of closing steps.

THEME THIRD.

A — Moving backward.

- 1 Walking backward in a circle, the left or right hand grasping a round.
 - a. Fast walking.
 - b. Running.
 - c. Skipping.
 - d. Hopping on one foot.
 - e. Galloping.
 - f. Polka.
- 2 Upon command, change from one to another of the exercises under 1.
- 3 Upon command, change the direction of the exercises as enumerated under 1.

B — Turning.

- 4 Upon command, execute a quarter turn in a stated direction. (When turned toward the centre, both hands grasp the same round.)
 - a. Executing the exercises named under 1.
 - b. Executing two exercises alternately after each turn.
 - c. A different exercise after each turn.
- 5 Sideways and backward, alternately executing movements as under 4.
- 6 A succession of forward, sideways, backward, and sideways, moving along in the same line, executing movements as under 4.
- 7 Forward and backward (after a half turn), executing movements as under 4. The turn is best executed toward the centre (inward).
- 8 A whole turn inward (or outward) during an exercise forward, sideways, or backward. The turn is either executed by a quick motion during the flight, or by several steps on the floor.

C — Rocking-step and Rocking-hop.

- 9 Three gallop-hops forward in a circle ; at the close of third hop execute a rocking-step.
- 10 Facing the centre ; six gallop-hops sideways in one direction, and then a rocking-step ; then the same in the opposite direction.
- 11 Sideways as in 10, executing two gallop-hops and one side step with closing step, and then two rocking-hops in both directions. The rocking-hop (three-quarter time) is the same exercise as the rocking-step; the last count, however, is hopped.
- 12 Sideways as in 10, executing four gallop-hops, one closing step in one direction, and one rocking-hop in the opposite direction.
- 13 Sideways as in Exercise 10, executing six gallop-hops in one direction, and one rocking-hop in the opposite direction.
- 14 Sideways as in Exercise 10, executing a rocking-hop, and closing step at each third count.
- 15 Rocking-hop forward.
- 16 Rocking-running forward.
(A rocking-running forward is executed in two-fourths time. The rocking-step is shown as a run.)

THEME FOURTH.

A — Giant Stride.

- 1 Running in a circle, executing three running steps and one giant stride alternately. The running is begun with the inner foot.
- 2 The same sideways, running with cross-steps.
- 3 The same backward.
- 4 Run forward in a circle, executing long strides, gradually reducing the number required to finish the circle to 8, 7, 6, 5, etc. (Fig. 247).
- 5 Giant strides in a circle sideways, as in 4 (executing cross-steps).
- 6 The same backward.



Fig. 247.

B — Flying in a circle.

- 7 Run around the circle forward one or more times, and upon command fly through the air, raising the heels backward.
- 8 As in 7, skipping, galloping, hopping on one foot, or striding to get a start.
- 9 As in 7, letting half of the schol-

ars that are exercising fly, while the rest run. (All begin the exercise with a run.)

- 10 Run, gallop, or hop sideways to get a start, and fly with raising the knees, or straight legs forward (Fig. 248).



Fig. 248.

a start of three or five steps, the pupil jumps outward upward. The grasp as before; i.e., hanging on one round, the arm straight, in the under-arm hang, or in

- 11 As above, the pupil standing between two ropes, and grasping one round of each ladder.
12 Running backward alternately with a giant stride.
13 Running forward and high flying in a circle (circle jumping). After

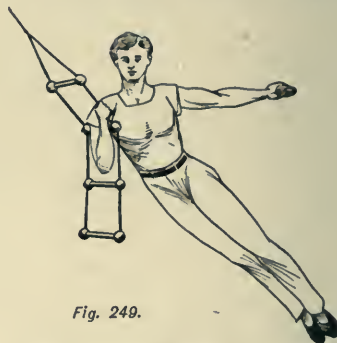


Fig. 249.

the upper-arm hang (Fig. 249).

- 14 The same exercise; the pupils fly and run upon command.
15 The same exercise, hanging by one hand (for strong pupils only).

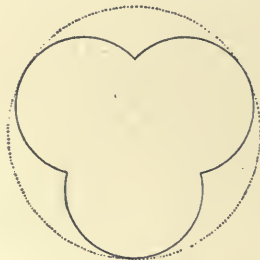


Fig. 250.

- 16 Flying in a circle with swinging of the legs forward in a half circle. (The closed feet touch the floor, the legs are swung outward vigorously, and perform a half-circle before the feet touch the floor again.) (Fig. 250.)

- 17 The same sideways.

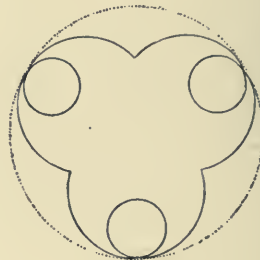


Fig. 251.

- 18 The same backward.
19 The Exercises 19 and 20, in connection with whole turns left or right during the flight.
20 As 16, 17, 18, the legs describing one and one-half circle before the feet touch again (Fig. 251).

THEME FIFTH.

Moving in a circle over obstacles.

- 1 Giant stride forward with stepping on elevations. Some apparatus of the gymnasium must serve for the exercise; for instance, spring-boards can be used.
- 2 Giant stride over obstacles. Jumping-ropes or balancing-boards are placed in the line of the swing, at distances as far apart and as suits the ability of the pupils.
- 3 Running start and high flying over a rope (Fig. 252.)
- 4 Running in a circle; the pupils endeavor to grasp some rings or

The pupils step on the elevations, and execute as many steps between the elevated points as are necessary.

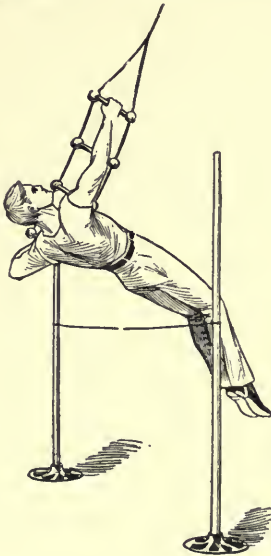


Fig. 252.



Fig. 253.

- some other apparatus, which the teacher holds out to them.
- 5 Running in a circle, two pupils change places with each other. The one ahead stops upon command, and quickly exchanges ropes with the pupil overtaking him. Then both continue in the same direction.
- 6 Running in a circle. Upon command, the next squad changes with those exercising. They also may run a certain distance on the inner side of those exercising, and change places with them upon command.
- 7 Running in ranks of two. The pupil next the centre holds



Fig. 254.

the ladder with the right hand, the left arm is placed around the waist of the other pupil. The latter places his right hand on the right shoulder of his neighbor, and with his left hand takes hold of the lower end of the ladder (Fig. 253).

- 8 Running backward in a circle, as in 7.
- 9 Exercise 7, the pupils taking a different grasp.
- 10 The same as 9, moving backward.
- 11 As in Exercise 7, the pupils standing so that when one moves forward, the other must move backward; also sideways (Fig. 254).

WHIPPLE-LADDER (SEE-SAW)

BY HANS BALLIN

THEME FIRST.

Exercises in hanging. Ordinary grasp. Arms straight. Leg and trunk exercises.

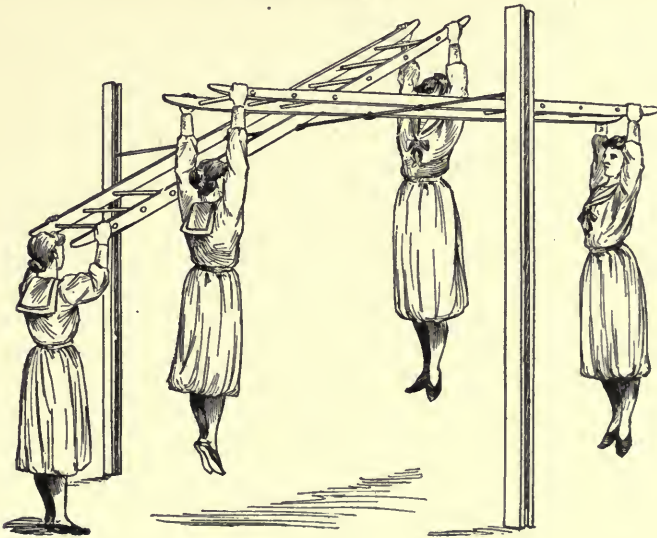


Fig. 255.

- 1 Swinging. The whole body is straight, and the arms are not bent during the flight. Pupils alight on tiptoes, bending the knees deeply, and turning them outward. The body must not swing forward or backward. The ladder must be within easy reach for both pupils.
- 2 Swinging and raising right leg forward. Leg straight and toes pointing downward.
- 3 Swinging and raising right (or left) leg sideways.
- 4 Swinging and raising left leg backward.
- 5 Swinging and raising (or swinging) both legs forward.

- 6 Swinging and raising (or swinging) legs sideways left (or right).
- 7 Swinging and raising legs as in 2, 3, 4, 5, 6, when going downward.
- 8 Swinging and alternately exercising two of the foregoing exercises when going upward and downward.
- 9 Swinging and crossing right leg quickly in front of left when going upward.
- 10 Swinging and crossing legs as often as possible when going upward.
- 11 The same when going downward.
- 12 The same when going upward and downward.
- 13 Swinging and raising left knee when going upward.
- 14 The same when going downward.
- 15 The same, and raising both knees.
- 16 Swinging and turning trunk left when going upward.
- 17 The same when going downward.
- 18 The same alternately.
- 19 The same, turning left going up, turning right going down.
- 20 The same, executing two of the foregoing exercises alternately when going upward and downward.

THEME SECOND.

Exercises in hanging, changing grasp. Leg and trunk exercises.

- 1 Swinging, lifting, and re-grasping left hand when going upward.
- 2 The same going downward.
- 3 The same alternately.
- 4 The same, lifting and re-grasping left and right hand going upward.
- 5 The same going downward.
- 6 The same alternately.
- 7 The same exercises as 1, 2, 3, 4, 5, 6, lifting hand oftener than once.
- 8 The same exercises of Theme First, and 1, 2, 3, 4, 5, 6, 7 of Theme Second.
- 9 Swinging and lifting left hand, and re-grasping a short distance forward on the beam when going upward; grasping the former place when going downward.
- 10 Swinging, and the same as 9, lifting left and right hand.
- 11 The same as 9 and 10, travelling smaller distances, and more than once.
- 12 Swinging and lifting left hand, grasping a round when going upward, and grasping the beam again when going downward.
- 13 Swinging and with the left hand grasp a round, and then the next time also grasp that round with the right hand, re-grasping the former places the next two times going upward.
- 14 The same, alternating in various ways.
- 15 Swinging and grasping a round with both hands when going upward. (For older pupils and more experienced ones only.) Re-grasping the next time when going upward.
- 16 The same, alternating with the various foregoing exercises.
- 17 The same, Exercises 8-16 alternating with Exercises 1-8.
- 18 The same, Exercises 8-16 with exercises of Theme First, or alternating with same.

- | | |
|---|--|
| 19 The same, exercises of grasping and re-grasping with different grasps. | 20 The same, touching different parts of the body with one hand, and then re-grasping. |
|---|--|

THEME THIRD.

Exercises in hanging, arms bent.

The exercises of Themes First and Second and exercises with arms bent. The arms are either bent going upward, or going downward, or both ways.

THEME FOURTH.

Exercises in the upper-arm hang.

The ladder is lowered to the height of pupils' shoulders, and exercises of Theme First are executed. Exercises which are of a more difficult nature than those named in the above themes do not properly belong to this apparatus, which is most eminently an apparatus for girls.

BALANCING BOARD

BY RICHARD PERTUCH

EXERCISES in standing, walking, or hopping on a narrow raised board, necessitating a balancing of the body, are called balancing movements.

The apparatus is a board fourteen to sixteen feet long, two inches wide, and six inches high, placed on three or four iron footings six inches high, thus giving a base twelve inches from the floor, and two inches wide, to exercise on.

For classwork there should be from four to eight boards in a gymnasium, so that a large number of pupils can exercise together. The boards are generally placed side by side parallel with each other, the distance being regulated by the exercise. The exercises on the boards may be started from a standing position, either sidewise or crosswise to the board.

All exercises must be executed with the weight of the body resting mainly on the ball of the foot, with the body and the head erect.

The most suitable connections for the scholars are : —

- A — Hand in hand with neighbors (the arms bent, the hands in height of shoulders (Fig. 256), or the arms raised upward) (Fig. 258).
- B — Arm in arm with neighbors.
- C — The hands on the shoulders of neighbors (or only one hand, either the right or left).

D — The arms over the shoulders of neighbors (or only one arm, right or left).

E — 3 and 4 combined.

F — Cross arms with neighbors, and grasp hands forward.
(Fig. 257.)

G — Cross arms with neighbors, and grasp hands backward.

If the scholars stand or exercise in couples facing each other, the following connections may be used: —



Fig. 256.

H — Grasp opposite hands.

I — Grasp opposite hands, the arms crossed.

J — Grasp right hands (in Exercises 7, 8, and 9, the arms can be held in position as in Exercise 1).

K — Grasp opposite forearms.

L — Place hands on the opposite shoulders.

The class must be arranged so that the divisions can go to and from the apparatus without delay, and that every scholar can see the exercises.

The best plan is to arrange the class around the boards in form of a square. All exercises must be executed left and right, and started, executed, and finished simultaneously by those exercising.

GRADE I.

Exercises in Stepping.

Standing facing the boards.

- | | |
|--|---|
| 1 Step up forward and down backward by a followstep. | 3 Step up and down forward by a followstep. |
| 2 Step up forward and jump down backward. | 4 Step up and jump down forward. |
| | 5 Step up and down forward. |
| | 6 Step over by a followstep. |

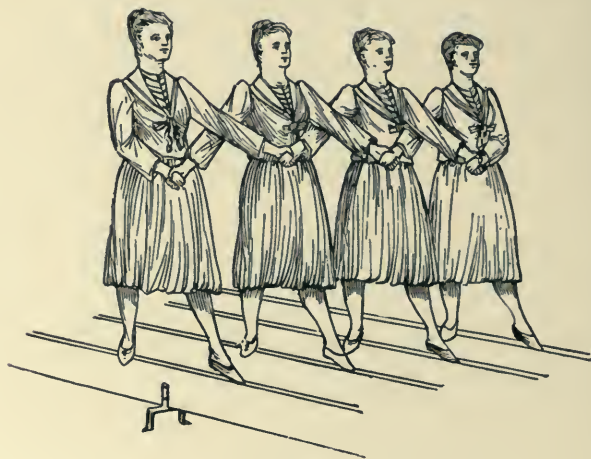


Fig. 257.

Standing crosswise to the boards.

- | | |
|---|--|
| 7 Step up sideways into the step position forward or backward (Fig. 257), and step or jump down on the same side. | 8 As Exercise 7, stepping or jumping down on the other side. |
|---|--|

The above exercises may be executed successively on all boards; variations may be made by counting off the scholars

in ones and twos; then No. 1 can exercise while No. 2 assists, and *vice versa*; or all can exercise at the same time. The different connections suitable for the exercises may be added.



Fig. 258.

Exercises in standing.

- | | |
|---|---|
| 9 Standing sidewise or crosswise for a length of time, as for two, four, or eight counts. | 14 Standing crosswise, executing the layout step on the floor sidewise. (Fig. 258). |
| 10 Standing sidewise, exercising step positions sidewise. | 15 Standing sidewise or crosswise, rise on the toes. |
| 11 As Exercise 10, with crosstep position in front or rear. | 16 As Exercise 15, bending the knees. |
| 12 Standing crosswise, exercising step positions forward or backward. | 17 As Exercise 15, raising one leg forward, backward, or sidewise. |
| 13 Standing sidewise, executing the layout step on the floor forward or backward (one foot touches the floor, while the other leg is bent). | 18 As Exercise 15, bending the trunk forward, backward, or sidewise. |
| | 19 As Exercise 15, turning the trunk right or left. |
| | 20 As Exercise 15, raising the arms forward, sidewise, or upward, with connections. |

In the above exercises assistance should be given by some of the scholars, as explained before.

Exercises in walking.

Standing sidewise on the end of the board.

- | | |
|--|---|
| <p>21 Walking sidewise in couples facing each other, one on the board, the other on the floor as assistant.</p> <p>22 As Exercise 21, both on the boards with different connections.</p> | <p>23 As Exercise 22, walking and standing alternately.</p> <p>24 Walking forward in one line, with different connections from one board to the other, by followstep.</p> <p>25 As Exercise 24, by the common step.</p> |
|--|---|

Standing crosswise on the end of the board.

- | | |
|--|---|
| <p>26 Walking forward in one line, with the different connections by followstep left, right, or alternately.</p> | <p>27 As Exercise 26, by common step.</p> <p>28 As Exercises 26 or 27, alternately.</p> |
|--|---|

In Exercises 24 and 25, assistance may be given by part of the class walking on the floor stepping over the boards, and in 26, 27, and 28 by walking between the boards.

GRADE II.**Exercises in stepping with turning.**

Standing facing the board.

- | | |
|--|--|
| <p>1 Step up with one quarter turn into step position backward or forward, and step down in the opposite direction.</p> <p>2 As Exercise 1, jumping down with one quarter turn.</p> <p>3 As Exercise 1, one half turn to</p> | <p>the sidestanding position on the boards.</p> <p>4 As Exercise 3, jumping down backward without a turn.</p> <p>5 Step up from one side and down on the other, by one half turns.</p> |
|--|--|

Standing crosswise to the board.

- | | |
|--|---|
| <p>6 Step up with one quarter turn to the sidestanding position, and down in the reverse direction.</p> <p>7 Step up from one side, and down on the other, by one half turn.</p> | <p>8 Step up with one quarter or one half turn, and execute the exercises of the Grade I., Exercises 9-20, without assistance, using the different connections.</p> |
|--|---|

Exercises in walking.

Stand crosswise on one end of the board. Walking forward.

- | | |
|---|--|
| 9 Touchstep forward, and followstep. Three-quarter time. (Step position forward left (1), step (2), and follow with the right (3).) | 14 Followstep and rise on the toes. Three-quarter or four-quarter time. |
| 10 As Exercise 9, touching the floor during the first course. | 15 As Exercise 14, with bending the knees. |
| 11 Raise the leg forward, and followstep. Three-quarter time. (Raise the left leg forward (1), step (2), and follow right (3).) | 16 Followstep and trunk exercises; bending forward, backward, sidewise, or turning. Four-quarter time. |
| 12 Raise the knees, and followstep. Three-quarter time. | 17 Followstep and arm exercises; bending or raising forward or upward. |
| As Exercises 9-12, left, right, or alternately. | 18 Walking on the toes. |
| 13 As Exercises 9-12, in commonstep. Two-quarter time. | 19 Changestep. Two-quarter time. |
| | 20 Change and followstep, three-quarter time. |

Standing sidewise on one end of the board, walking sidewise.

- | | |
|--|---|
| 21 Touchstep sidewise, or cross and followstep. Three-quarter time. (Step-position sidewise (or cross in front or rear with the left foot), step and follow with the right.) | 25 Crossstep, stepping over in front. Two-quarter time. |
| 22 As Exercise 21, touching the floor. | 26 As Exercise 25, crossing in the rear. |
| 23 Raise the leg sidewise and followstep. Three-quarter time. | 27 Followstep and crossstep alternately. Four-quarter time. |
| 24 Raise the knees forward and followstep. Three-quarter time. | 28 Changestep and followstep. Three-quarter time. |
| | 29 Changestep and crossstep. Three-quarter time. |
| | 30 As Exercises 14-18, sidewise. |

Standing crosswise on one end of the board. Walk backward.

The scholars are divided into ones and twos.

- | | |
|--|--|
| 31 No. 1 walk backward by followstep on the board, while No. 2 walk forward between the boards, assisting No. 1. | 33 As Exercise 31, with changestep. |
| 32 As Exercise 31, with common step. | 34 As Exercise 31, No. 2 walk forward on the boards by followstep. |
| | 35 As Exercise 34, with common step. |
| | 36 As Exercise 34, with changestep. |

For connections, a long wand carried by the scholars in different positions may be added (Fig. 259). The exercises of the First Grade may be executed here without assistance.

GRADE III.

Exercises in walking and double touchstep.

- | | |
|--|---|
| 1 Walk forward by follow or common step in fast time (quickstep). | 10 As Exercise 7, with common step. Three-quarter time. |
| 2 As Exercise 1, sideways by follow or crossstep in front or rear. | 11 As Exercise 8, in three-quarter time (the left foot touchstep sidewise, then cross touchstep in front, and then step sidewise. The right foot cross touchstep in front, then touchstep sidewise, and then crossstep in front). |
| 3 Walk backward by followstep, common, or changestep, without assistance, but in connected ranks. | 12 As Exercise 6, with changestep. Four-quarter time. |
| 4 Walk forward by balancestep (step-position forward with rising on the toes). Three-quarter time. | 13 As Exercise 7, with changestep. Four-quarter time. |
| 5 As Exercise 4, beginning with the touchstep forward or backward. Four-quarter time. | 14 As Exercise 6, with touchstep on the floor, first on one side and then on the other side of the board, crossing in front or rear by follow, common, or change-step. |
| 6 Walk forward with touchstep in front and rear, and by followstep. Four-quarter time. | 15 As Exercise 14, backward. |
| 7 As Exercise 6, backward, touchstep in rear and front. | 16 As Exercise 8, with touchstep on the floor, in front and rear of the board by follow or crossstep. |
| 8 As Exercise 6, sidewise, touchstep sidewise and crossstep in front or rear. | |
| 9 As Exercise 6, with common step. Three-quarter time. | |

Exercises in walking with turning.

In couples, crossing arms and grasping hands, or with a long wand raised upward.

- | | |
|---|---|
| 17 Walk forward and sidewise alternately by one quarter turn inward or outward. | 19 As Exercises 17 or 18, the turn after a certain number of steps. |
| 18 Walk forward with the half turn inward and outward alternately. | 20 As Exercises 17, 18, and 19, walking backward. |

Exercises in walking with leg, trunk, or arm movements.

- | | |
|---|---|
| <p>21 Walk forward, raising the leg forward for 2 counts, and then followstep. Four-quarter time.</p> <p>22 As Exercise 21, with changestep.</p> <p>23 As Exercise 21, with common step, holding the leg in position for 3 counts. Four-quarter time.</p> <p>24 As Exercises 21, 22, and 23, backward, raising the leg backward.</p> <p>25 As Exercises 21, 22, and 23, sidewise, raising the leg sidewise.</p> | <p>26 As Exercises 21-25, with bending the other leg during the raised position, or bend it on the second count and straighten it on the third (Fig. 259).</p> <p>27 As Exercises 21, 22, and 23, raising the knee forward.</p> <p>28 As Exercises 24, raising the foot backward (knees together).</p> <p>29 As Exercises 27 and 28, straightening the leg before stepping.</p> |
|---|---|



Fig. 259.

- | | |
|--|---|
| <p>30 Raise the leg forward at 1, bend the leg at 2, straighten at 3, and then step. Four-quarter time.</p> <p>31 As Exercise 30, backward, raising the leg backward.</p> <p>32 Walk forward in common step, swinging the leg forward, backward, forward, and down. Four-quarter time.</p> <p>33 As Exercise 32, walking backward and swinging the leg backward, forward and backward.</p> | <p>34 As Exercise 32, walking sidewise and swinging the leg out, in (crossing in front or rear) and out, and step; then swing the other leg sidewise in, out and in, and step.</p> <p>35 Execute trunk or arm movements with single touchstep, combined with follow or changestep. Three-quarter time.</p> <p>(Walking forward, touchstep in front with bending the trunk backward (Fig. 260), then</p> |
|--|---|

straighten with follow or change-step.)

(Walking sidewise, touchstep sidewise out with raising the arms up, then lower with follow-step.)

- 36 As Exercise 35, with double touchstep. Four-quarter time.

(Walking sidewise, touchstep sidewise out bending the trunk sidewise in the opposite direction, touchstep cross in front and bend the trunk to the other side, straighten and followstep.

(Walking forward, touchstep forward (long wand as help), raise the wand to the shoulder, the arms bent, touchstep backward, straighten the arms upward, changestep, wand on shoulders and down.)

- 37 Walk forward, sidewise or backward with different steps to the centre of the board. When standing unconnected, execute the leg, trunk, and arm movements upon command or in time.



Fig. 260.

Exercises in walking, hopping, and running.

- 38 Walk forward, three steps and hop. Four-quarter time.
(Step left, right, left, and hop on the left foot, swinging the right leg forward, then start with the right foot.)
- 39 As Exercise 38, with two steps. Three-quarter time.
(The hop is always on the same foot.)
- 40 As Exercise 38, with one step. Two-quarter time.
(Step left and hop, swinging the right leg forward, then start right.)
- 41 Walk forward by followstep and hop. Three-quarter time.
- 42 As Exercise 41, sidewise.
- 43 Hop forward, or sidewise by followstep (gallop).

- 44 Polka step.
- 45 Heel and toe and polka step.
- 46 Run forward with an assistant between the boards.
- 47 Run forward with different connections.
- 48 As Exercise 38, running. Two-quarter time.
- 49 As Exercise 40, running. One-quarter time.
- 50 Hop on one foot across the boards. Hop two, three, or four times alternately left and right, forward and backward.

JUMPING

BY HERM. HEIN

In all jumping distinguish between: —

A—The spring or jumpoff;

B—The flight of the body during the jump;

C—The landing of the body, or the finish,

and when the jump is not executed from the stand,

D—Between the standing and running jump.

A—The Springoff.

The springoff should be executed from the ball of the foot, and whenever practicable, be supported by a swing of the arms.

B—The Flight of the Body.

The moment the body leaves the floor (at the springoff), it is in a state of flight; in this position the different parts of the body may be exercised in various ways. The arms assist the body in keeping its equilibrium, during the flight as well as at the finish. During the flight the legs are either bent (the knees being raised forward), or the legs extended well forward and closed (Fig. 261). Various exercises of the legs, such as straddling crosswise, sideways, raising the heels, etc., and exercises of the arms, as thrusting or swinging in all directions, clapping hands, etc., may be executed. These exercises help to acquire full control of the body.

C—The Landing, or the Finish.

Special attention must always be paid to the finish. The moment the balls of the feet touch the floor, the knees should be well bent, in order to break the force of the jump, and to avoid all jarring of the body, which always ensues if the knees are kept stiff. Injury being thus guarded against, beauty and gracefulness, as well as a firm stand at the finish, are next aimed at.

The body must be so controlled as to prevent a stepping forward, backward, or a fall.

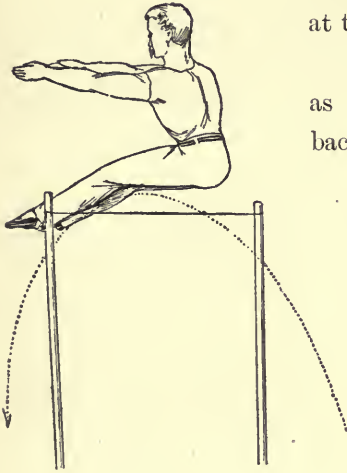


Fig. 261.

D—The Run or Walk.

A long run is advisable in the broad jump, but not in the high jump. Most people have a habit of taking a longer run than necessary. The run for a jump may be either directly forward, or obliquely forward. The former

is generally used for the broad, the latter occasionally for the high jump. A high jump executed with a forward run and fully raised knees is generally a more graceful movement than the jump from the oblique run.

HIGH JUMP.

Exercises from the stand on both feet.

GROUP I.

- | | |
|---|---|
| 1 Jump forward. | 4 Jump forward with three quarter turn right or left. |
| 2 Jump forward with one quarter turn right or left. | 5 Jump forward with a whole turn right or left. |
| 3 Jump forward, with one half turn right or left. | |

GROUP II.

(With Leg Exercises.)

- | | |
|---|--|
| 1 Jump forward with swinging the right or left leg forward. | 3 Jump forward with raising the knees. |
| 2 Jump forward with a side straddle. | 4 Jump forward with raising the heels. |

GROUP III.

(With Arm Exercises.)

- | | |
|--|--|
| 1 Jump forward with raising the arms in any direction. | 3 Jump forward with thrusting the arms in any direction. |
| 2 Jump forward with straightening the arms in any direction. | |

GROUP IV.

Combine the exercises of Groups I. and II.

GROUP V.

Combine the exercises of Groups I. and III.

GROUP VI.

Combine the exercises of Groups I., II., and III.

GROUP VII.

(With a Walk or a Run.)

All exercises of the former groups, with a springoff with one foot.

GROUP VIII.

- | | |
|---|--|
| 1 Jump forward from the squatting position into the squatting position. | 2 Jump sideways right or left from the squatting position into the squatting position. |
| | 3 The same backward. |

GROUP IX.

The exercises of Group VIII., with raising the heels, or straddling sideways.

GROUP X.

The exercises of Group VIII., with turns.

GROUP XI.

Consecutive jumps over a number of ropes placed a small distance apart.

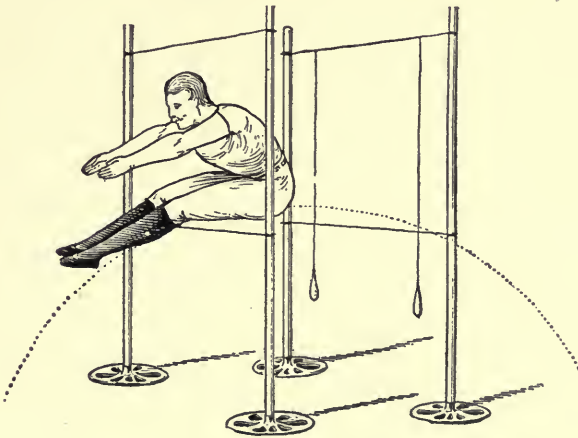


Fig. 262.

VARIOUS JUMPS.

WINDOW JUMPS.

Two ropes are placed one above the other, the pupil to jump through between them. To increase the difficulty of this exercise the distance between the ropes is gradually lessened, or the jumping-stands are placed nearer together, or both (Fig. 262).

PIKE'S LEAP.

Take a run and spring off with both feet, keeping the body in a horizontal position during the flight, extending the arms forward, and placing the hands on the helper's shoulders. The helper stands one or two paces on the other side of the rope, and faces the jumper. (See Fig. 154.)

BROAD JUMP.**Preliminary Exercises.**

With both feet.

- | | |
|---|--|
| 1 Raise the arms forward and rise on the toes.
2 Bend the knees to a squatting position, the legs bent to a right angle, the heels locked, the body inclined slightly forward, and move the arms downward and backward.
3 Straighten the knees, rise on the toes, swinging the arms forward, and then come back to the starting position. | 4 As Exercises 1 and 2, spring off with both feet, straightening the body well, swinging the arms forward, and landing in the former place.
5 As Exercise 4, jumping forward, swinging the arms forward with the springoff, and lower them, when straightening the knees. |
|---|--|

With one foot.

- | | |
|--|--|
| 1 Raise the arms forward and the right leg forward.
2 Move the arms backward and right leg backward, slightly bending the left knee.
3 Straighten the knee, swing the right leg and arms forward, then come back to the starting position. | 4 As Exercises 1 and 2, and swing the right leg forward, at the same time spring off with the left foot, swinging the arms forward and landing in the former place.
5 As Exercise 4, jumping forward. |
|--|--|

Sideways to the right and left.

With both feet.

- | | |
|--|--|
| 1 Raise the arms to the right and rise on the toes.
2 Swing the arms downward to the left and bend the knees.
3 Straighten the knees and swing the arms to right, then lower the arms. | 4 As Exercises 1 and 2, spring off and swing the arms to the right, landing in the former place.
5 Like Exercise 4, jumping to the right. |
|--|--|

With one foot.

- | | |
|--|---|
| 1 Raise the arms to the right, and right leg sideways.
2 Move the arms to the left, and cross the right leg in front of the left.
3 Swing the right leg and the arms sideways, and then lower the leg, and the arms. | 4 As Exercises 1 and 2, spring off left, and at the same time swing the right leg and the arms sideways to the right, and land in the former place.
5 As Exercise 4, jumping sideways right. |
|--|---|

With both feet.

- | | |
|---|--|
| 1 Raise the arms backward and rise on the toes.
2 Move the arms forward and bend the knees.
3 Swing the arms backward and rise on the toes, straightening the | knees, then come back to the starting position.
4 As Exercises 1 and 2, spring off, and swing the arms backward, landing in the former place.
5 As Exercise 4, jumping backward. |
|---|--|

With one foot.

- | | |
|--|--|
| 1 Raise the arms backward and the right leg backward.
2 Move the arms forward and the right leg forward.
3 Swing the right leg and the arms backward, and then lower the arms and the leg. | 4 As Exercises 1 and 2, spring off left and swing the right leg backward, landing in the former place.
5 As Exercise 4, jumping backward. |
|--|--|

POLE VAULTING

Apparatus—

JUMPING-STANDS.

POLES 7 TO 10 FT. LONG AND ONE AND ONE-HALF INCHES THICK.

ROPE OR REED 8 TO 10 FT. LONG.

THE vault over the rope with a quarter turn left seems to come most natural to beginners. A firm grasp, the placing of the pole into the ground at the springoff, and keeping close to the pole are essential for the success of the jump (Figs. 263, 264).



Fig. 263.

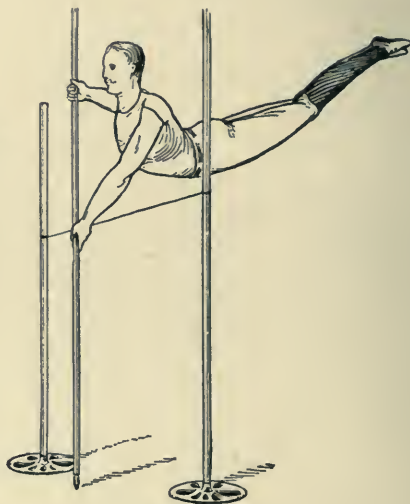


Fig. 264.

There are three different vaults: the rear, flank, and front, vault.

During a rearvault the back is turned towards the rope.

During a flankvault the side is turned towards the rope.

During a frontvault the face is turned towards the rope.

In high vaults the lower hand should be placed about as high as the rope. The moment the body begins to sink, the pole should be pushed back in the direction from where the start was made. Both hands release the hold at about the same time, the left pushing the pole back. The left arm is raised slightly to avoid touching the rope.

HOP, STEP, AND JUMP, AND HIGH LONG JUMP

By D. M. F. KROGH

THE hop, step, and jump, as well as the high long jump are generally practised by advanced classes.

These jumps should not be taken up as regular classwork until a certain proficiency in the long jump (also called broad jump), step jump, and high jump has been attained.

HOP, STEP, AND JUMP.

LESSON 1.

- | | |
|--|---|
| <p>1 Walk forward and hop from the board with the right foot, then execute a step jump, i.e., from the right onto the left foot, and finally make another jump onto the mattress, alighting on the toes of both feet simultaneously, bending the knees and keeping the heels together.</p> | <p>2 The same as Exercise 1, with running instead of walking forward.</p> <p>3 The same as Exercise 1, beginning the hop with the left foot.</p> <p>4 As Exercise 3, with a run.
(Repeat each jump twice, thrice, or even four times before moving the board back farther.)</p> |
|--|---|

To secure a good hop, step, and jump, the resting leg is bent and held well backward until foot of the hopping leg touches the floor, it then takes a brisk step, followed by a jump. Swing the arms forward while making the last jump.

LESSON 2.

With turns before alighting on the mat.

- | | |
|---|---|
| <p>1 Jump from the board with the right foot, executing a quarter turn left before alighting on the mattress. The left side is then turned towards the board.</p> | <p>2 With the left foot and a quarter turn right.</p> <p>3 As Exercise 1, with half a turn left.</p> <p>4 As Exercise 3, with half a turn right.
(Repeat each jump two or three times before moving the board.)</p> |
|---|---|

THE HOP, STEP, AND JUMP AS A FIELD-EXERCISE.

Put a wide board, the front end of which is covered with a rubber plate, firmly in the ground. It is well to have the board about thirty feet long, as it affords a solid foundation for running. The place for alighting should be excavated and filled with moist sand, sawdust, or tanbark.

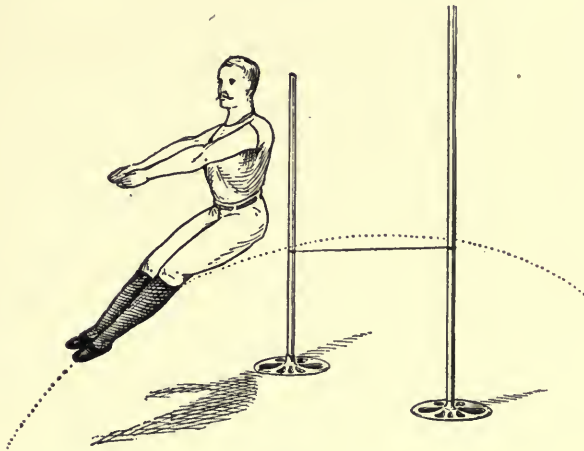


Fig. 265.

HIGH LONG JUMP.

LESSON 1.

The rope or stick lies about 2 or 3 feet high, the board about the same distance from the rope.

- 1 Running high jump with raising the knees, jumping from the board with the left or right foot (alight on the toes, bending the knees well).
- 2 As Exercise 1, with straight legs, i.e., jump off with the right foot from the board and swing the straight left leg forward (Fig. 265) (the right leg is jerked up quickly close to the left).
- 3 As Exercise 2, with the left leg.
- 4 Jump over the rope with raised knees and straighten the legs forward suddenly, while the feet move over the rope.

LESSON 2.

The mattress to be 2 feet away from the rope.

- | | |
|---|--|
| 1 Repeat the exercises of the preceding lesson. See that the knees and hips are straightened with a quick motion. | 5 Jump with the right foot, and a quarter turn left. |
| 2 As Exercise 1, jumping with the left foot, and a quarter turn left. | 6 Jump with the left, and a half turn left. |
| 3 As Exercise 2, right, and a quarter turn right. | 7 Jump with the right, and a half turn right. |
| 4 Jump with the left foot, and a quarter turn right. | 8 Jump with the left, and a half turn right. |
| | 9 Jump with the right, and a half turn left. |

LESSON 3.

The rope at a height of $2\frac{1}{2}$ feet; the mattress about 4 feet away from it.

- | | |
|---|---|
| 1 High long jump as Exercise 4, Lesson 1. | 5 As Exercise 1, clapping hands once (twice, thrice, etc.) while jumping. |
| 2 As Exercise 1, with swinging the arms forward. | 6 As Exercise 1, with touching the knees with the hands while jumping. |
| 3 As Exercise 1, with swinging the arms sideways. | 7 As Exercise 1, with touching the feet while jumping. |
| 4 As Exercise 1, with swinging the arms forward upward. | |

LESSON 4.

Height of rope 2 feet, distance of board 3 feet.

- | | |
|---|---|
| 1 From a stand, jump with both feet from the board (raise the knees well and then straighten them forward quickly). | (while jumping over), alighting with the feet together. |
| 2 As Exercise 1, straddling the legs | 3 As Exercise 1, swinging the arms forward upward. |
| 4 As Exercise 2, swinging the arms sideways. | |

LESSON 5.

Height 2 feet, distance $3\frac{1}{2}$ feet.

After every jump raise the rope two inches, and move the board six inches farther away. Let it be your object to get a good strong run, to raise your legs as high as possible, and to straighten your body suddenly when the feet have cleared the rope.

WEIGHT THROWING; WEIGHT LIFTING;

(Putting the Shot)

AND

THROWING THE SPEAR

(Javelin)

WEIGHT throwing, weight lifting, and spear throwing should be practised frequently; as they require a good deal of strength, they are practised in classes for men and older boys only.

The following few lessons will suffice to supply the needs of most teachers.

WEIGHT THROWING.

(Putting the Shot.)

REMARKS. — The weight consists of an iron ball (shot) or a stone for out-door practice, while a strong leather bag, filled with small shot, is used for in-door practice. The ball or stone usually weighs ten, fifteen, twenty-five, or thirty-five pounds.

Every gymnasium should be supplied with about one for every ten scholars.

LESSON 1.

1 Throw (or "put") with the right hand (Fig. 266).

REMARKS. — For a throw from the stand, the weight is taken in the right hand, holding it above the shoulder, then the layout position left forward is taken, while the trunk is turned to the right. The weight is then put forward

with energy and force, the pupil at the same time straightening the right and bending the left knee; the right shoulder must be brought forward as far as possible without losing the position or stepping over the mark.

2 The same as Exercise 1, with the left hand.

LESSON 2.

In the sidestraddle position.

- 1 Raise the weight over the head with both hands, and throw it forward.
- 2 Throw the weight forward from between the knees (the trunk is bent forward and the arms swung forward and backward several times, in order to give more force to the throw).

LESSON 3.

- 1 Pitch the weight with the right hand (the weight and the hand held downward at the right side) (Fig. 267).
- 2 The same with the left hand.



Fig. 266.



Fig. 267.

LESSON 4.

- 1 Layout position, left forward and grasp the weight with both hands, holding it above the right shoulder, and from here throw it forward with both hands.
- 2 The same from the opposite side.
- 3 The same, but an armcircle forward and downward previous to the throw.

LESSON 5.

In the sidestraddle position, with the back turned towards the direction in which the weight is to be thrown.

- 1 Throw the weight backwards over the head.
- 2 Throw the weight backwards from between the knees with the trunk bent forward.
- 3 Bend the trunk forward and hold the weight between the legs, straighten the trunk, swing the arms forward upward, and throw the weight backward over the head.

- 4 Hold the weight above the head (with both hands), bend the trunk forward, swing the arms forward and downward and throw

the weight backward (between the legs).

NOTE. — Practise the throwing also with hopping forward and with a run, previous to the throw.

WEIGHT LIFTING.

The weight of the dumb-bells for the various exercises will be mentioned in each lesson. Care must be taken that the dumb-bells are not too heavy. It is much better to practise with light dumb-bells than with ones too heavy.

LESSON 1.

Weight : from 10 to 30 lbs. each, according to the strength of the class members.

- | | |
|--|---|
| 1 Bend the trunk forward and grasp the dumb-bells. Straighten the trunk and bend the arms. (Bells height of shoulders) straighten the arms upward. Bend the arms. The arms down. | 2 Bend the arms as in Exercise 1. Straighten the arms sideways, and reverse the motions as in Exercise 1. |
| | 3 The same as in Exercise 1, but straighten the arms forward. |

These movements may also be practised with one arm first.

LESSON 2.

Weight : 10 to 25 lbs.

- | | |
|---|---|
| 1 Raise the arms forward; then upward; lower the arms forward in position; then down. | 3 Raise the arms sideways; then upward; lower the arms sideways; then down. |
| 2 Raise the arms forward; move the arms sideways; move the arms forward; then down. | 4 Raise the arms sideways; then forward; then sideways; then down. |

LESSON 3.

Weight : 10 to 35 lbs.

- | | |
|--|---|
| 1 Raise the arms forward upward (vertical position); bend the trunk forward and arms down (vertical position); straighten the trunk and raise the arms; lower the arms forward down. | 2 Raise the arms sideways upward; bend the trunk forward and lower the arms sideways in position; straighten the trunk and raise the arms upward; lower the arms sideways down. |
|--|---|

REMARKS. — All these movements must be executed very slowly.

LESSON 4.

With the shot, or weight used for throwing.

- 1 Raise the weight from the floor with the right hand (the left does not touch the weight). The weight is then balanced and raised to the shoulder, during which motion the hand is turned outward and backward. Straighten the arm upward, then lower the weight again (Fig. 268).
- 2 As Exercise 1, with the left hand, and after the weight is raised, bend and straighten the arm several times.
- 3 As Exercise 1, when the arm is up, bend and straighten the knees; kneel; sit down on the floor, etc.



Fig. 268.



Fig. 269.

LESSON 5.

Weight: 10 to 35 lbs. (Dumb-bells).

- 1 Raise the arms sideways; turn the arms forward and backward (pronation and supination of hand).
- 2 Bend the trunk forward and grasp the dumb-bells (legs straight and together, the hips bent); turn the arms inward and outward; place the dumb-bells on the floor.
- 3 In the position described in Exercise 2, bend the arms (dumb-bells almost touching the shoulders), straighten the arms downward, keeping the legs straight; repeat; place the dumb-bells on the floor.

LESSON 6.

Use dumb-bells with a long rod between the bells, long enough to be grasped with both hands.

The weight of the dumb-bell (or bar-bell) may be between 25 and 100 lbs.

- 1 Raise the weight from the floor (with both hands) up to the chest, the arms bent; straighten the arms upward; bend the arms, dumb-bell height of the chest; the arms down.
- 2 Bend the arms, dumb-bell height of chest; straighten the arms upward; turn the weight, moving the right hand forward and the left hand backward; turn it back to the former position; bend arms; arms down (Fig. 269).
- 3 The above exercises with appropriate leg and trunk movements.

LESSON 7.

Lying on the back on a mat, use the same dumb-bell as in Lesson 6, the weight at the head.

- 1 Grasp the weight; bend the arms, the weight above the chest; straighten the arms upward, i.e., towards the ceiling; bend the arms; place the weight on the floor from where it was taken.
- 2 Grasp the weight; raise the arms upward (the elbows straight); bend the arms; straighten the arms upward; lower the arms backward, and place the weight on the floor.
- 3 Grasp the weight; bend the arms; the weight over the chest; rise (with the weight) to an erect sitting position; straighten the arms upward; bend the arms and reverse the preceding motions so as to bring the dumb-bell back to the floor again.
- 4 Grasp the weight; bend the arms, weight over the chest, straighten the arms upward; rise to erect standing position. Reverse the foregoing movements.

THROWING THE SPEAR (JAVELIN).

A spear (javelin) is ten feet in length and an inch in diameter, with an iron ring at both ends. A wooden block about a foot square, or shaped like a human head, fastened to a vertical post by means of strong hinges, is used as a target. Whenever this head is struck squarely by the spear, it tilts

backward. A sheet-iron target two feet in diameter, or a large tarpaulin hung up loosely, may also be used. If this tarpaulin hangs in a hall, a few mattresses should be placed in front of it to catch the spears. The distance between the thrower and the target is from thirty to forty feet. If a class is large, three or four scholars throw simultaneously on command.

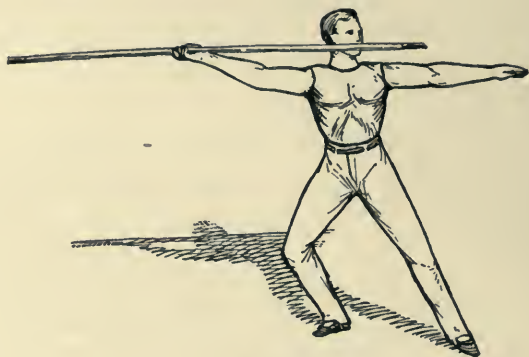


Fig. 270.

- 1 The form of spear-throwing most in use is the straight throw. The spear is grasped with the right hand, several inches back of the middle, the arm is bent, and the spear is held in a horizontal position as high as the eyes (aiming). The right arm is then straightened backward (the right leg lunging backward, the body turning to the right, the left arm being raised forward in line with the spear) (Fig. 270), and the spear is then thrown forward with full force. While the throw is being made, the right knee is straightened and the left one bent, the trunk inclining forward somewhat.
- 2 The throw may also be executed in a curved line by moving the right hand backward and downward, sending the spear in a curved line towards the target.
- 3 Both ways of throwing may be varied by taking a certain number of steps before throwing, or by hopping or running forward. The throw should also be practised with the left hand.

GYMNASTIC GAMES

By KARL KROH

BALL GAMES.

CATCH BALL.

A NUMBER of girls or boys form a circle (standing at arm's length from each other), and pass a hand-ball, a rubber foot-ball, or a leather ball of a weight adapted to the strength of the players, quickly either to the left or right. The player who first muffs the ball is "it"; he steps into the centre of the circle, and throws the ball to the other players.

The players now pass or throw the ball to each other in such a manner as to make it difficult for the runner inside the circle to get it. Should the runner, who must run about within the circle only, get possession of the ball, the player who threw the ball last, or the one who muffed it (as may have been determined), takes the place of the runner, and in turn becomes "it."

The game may be played with the players in a prescribed position, which must be kept by them, or a player may be allowed to leave his place when the ball is tossed in his direction. Throughout the game the circle must be preserved. Any number of players, from ten to thirty, may engage in this game, which requires both skill and agility.

ROLL BALL.

A number of players, twelve to twenty-four, boys or girls, form a circle and grasp hands. A large leather ball filled with

sawdust, or a foot-ball, is placed on the floor before one of the players, and rolled sideways left or right by pushing or gently kicking it (when rolling the ball to the left, the right foot pushes it, and *vice versa*). The ball must pass in front of the players, and each one, in turn, must direct it in its course around the line of the circle. If the ball rolls out of its course, so that the player cannot kick it without leaving his place, the one who last kicked the ball is "it," and steps into the circle, and endeavors to kick the ball out of the same.

The players may close or enlarge the circle, and should, as long as their hands remain grasped, do everything in their power to keep the ball from getting out of the circle. The moment the ball is out of the ring, the player at whose right side the ball got out of the circle is "it." At no time shall the ball be caught with the hands.

GUESS BALL.

A row of players (boys or girls) count off by twos from left to right. The last odd number steps in front of the row at a distance of from four to ten paces and is "it," and must turn his back to the other players, who pass the ball from one to the other. When the player who is "it" has counted a given number, the player having the ball in his hand at that time throws it at him. If he misses him, they exchange places. If he hits him, the player who is "it" turns about and guesses who threw the ball. If he guesses right, they exchange places. If not, the play continues as before.

A light rubber ball or bean-bag is best suited for this game.

SQUARE BALL.

An open square of twelve to fifteen paces, and a soft rubber or hand-ball or a bean-bag, are necessary for this game.

Four or eight players stand at each of the corners of the square as outposts, and a like number within the centre of the square. The outposts toss the ball from corner to corner, the centre players keeping out of the ball's way as much as possible, for the outposts must try to hit one of the centre players with the ball.

When an outpost succeeds in hitting a centre player, all the outposts at once flee, until the centre player who was hit has grasped the ball and called out "HALT." The outposts then stand still, and the centre player who has the ball throws it at any one of the outposts.

All misses of the respective sides, corners, or centres are scored with chalk-marks at the respective corners, or in the centre ring, three sufficing to oust a player.

The party first losing half its players loses the game.

The game may also be played in such a manner that all outposts who are hit must enter the square, the last outpost upon being hit entering the square for a new game.

CENTRE BALL (SOW-DRIVING).

This game may be played in-doors as well as out-doors, as many as ten to fifty participating. There must be a sufficiently large and even surface on which to form a circle, with room enough between the players for them to move about freely. Each player must have a stick or wand about three feet long. A hand-ball of leather about ten to twelve

inches in diameter is used. If played out-doors, each player, except one, makes a hole about four inches in diameter in front of the place he occupies in the circle, in which to place one end of his stick. If played in-doors, a chalk ring may be made to indicate the hole.

A hole or chalk ring large enough to hold the ball must be made in the centre of the circle. In beginning the game, all players place one end of their stick into the centre hole under and around the ball. Upon counting one, two, three, all uplift the ball with their sticks, and rush for a ring or hole in which to place one end of their stick. When all holes are taken, one player will be left as "centre player," or be "it."

He must now roll and push the ball from where it may have fallen into the centre hole with his stick, at the same time guarding against the attacks of the other players, who strive to direct the ball from its course; it being the duty of all players to prevent him from getting it into the centre ring or hole. Attacks on the ball are best guarded against by placing the stick in front of the ball so as to ward off the thrusts in its direction. Any player may leave his place to attack the ball; but as soon as the centre player spies a vacant hole, he may abandon the ball, and aim to place his stick into the vacant hole. The players who may have left their places will then scramble for holes (or rings), and one of their number will always be left as centre player. Such centre player then attempts to get the ball into the centre ring or hole. If successful, the game is begun over again. During the game any unoccupied ring or hole may at any time be taken by any player, and the more this is done the livelier and more interesting the game will be.

RIDER BALL.

The players "pair off" according to height, strength, and weight, and form a double circle (one behind the other), at from two to six paces from each other. A "toss-up" decides who shall first be "horse," and who shall be "rider." The horses take a stride-straddle position, and brace themselves by placing both hands on the knees, which should be kept straight. The body is bent forward, in order that the riders standing in their rear (outer circle) may readily mount by straddling their backs (Fig. 271).

The riders, having mounted, play catch ball, the horses (as the play becomes better understood) growing restive, turning left, right, or about (always staying in the circle), in order to make the catching of the ball as difficult as possible.

If a rider muffs the ball, they all dismount and run, while any one of the horses quickly picks it up and commands all to "stand," or "halt." The riders must obey; and the horse endeavors to hit one of the riders, who may avoid being hit by dodging, or any other means but leaving his place.

If the horse having the ball is afraid of missing the riders, he may pass the ball to any other horse; but as soon as the ball is muffed or thrown at a rider without hitting him, the game begins anew; if, however, the horse succeeds in hit-

*Fig. 271.*

ting a rider, places are changed, riders becoming horses, and horses riders.

The ball must at no time be held any length of time by any player, but must be tossed as soon as caught, no matter in what position the rider may find himself.

RUNNING AND OTHER GAMES

STAKE-GUARD (DUCK-STONE).

THIS game may be played out-doors as well as in-doors. If played in-doors, the players decide who shall be "it" by throwing their bean-sacks, called "ducks," at an Indian club or stake at a distance of about twenty feet; and the one whose bean-sack lands farthest away from the mark is "it," or must be guard. If played out-doors, a large stone, or a block of wood, may be used as stake, while the players may use rocks or tin cans as "ducks."

The guard places his "duck" on the stake, and the other players try to knock it off with their "ducks," throwing from a line about fifteen to twenty feet away from the stake. As long as the guard's duck is not knocked off, he may tag any player who picks up his duck and tries to run to home-base (the throwing line) with it; if a player but touches his duck, the guard may tag him if he can; if, however, any player succeeds in knocking off the duck, all the players may, as long as the duck has not been replaced on the stake by the guard, pick up their ducks and run home. Of course the guard replaces the duck on the stake as quickly as possible, and until he succeeds in tagging a player, as per above rules, must be "it." And even after having tagged a player he must quickly pick up his duck and run home, lest the party tagged get ahead of him in placing his duck on the stake.

The guard can tag a player only within the square. If he succeeds in catching some one, he in turn must seek to escape from the square before the new guard can place his duck on the stake.

All players, of course, strive to regain their sacks or ducks so long as the guard is engaged in placing his own; those who are successful being entitled to throw from the line again upon the given signal, while the unsuccessful ones linger outside the square, and await the next opportunity to regain their ducks. After a while the throwing distance may be increased, in order to make the game more interesting; it frequently occurring then that no one will succeed in displacing the guard's duck, when it behooves the guard to be watchful that no one enters his trust, since a misdirected run may end in freeing all players, who are standing around watchful for a chance to grab their ducks.

CROSS-TAG.

This game may be played by any number of persons in- or out-doors. If played out-doors there should be no goal, or limit to the playgrounds, all players promiscuously participating in the game, as opportunity offers, without any special order. If played in-doors a large square or circle, formed by the players, should indicate the space in which the game is played.

As a rule one of the players volunteers to be "it;" if not, they decide after their own manner who shall be "it." The player who is "it" calls out that he will catch some other player, calling him by name, and starts after him. Any other player may at any time cross between these two, when

the one who is it must try to catch the one who crossed between him and the one whom he started out to catch. Of course this crossing may be repeated *ad libitum*, until the right party is tagged.

WOOD-TAG.

Any number of players take part in the game, and all must run to place one or both feet on a piece of wood. The last one to do this is "it," and must try to tag any one of the players whenever they leave their "wood." As soon as he succeeds in this, the party tagged becomes "it."

This is an out-door game, and if played in-doors "the wood" would have to be something else.

PUSSY WANTS A CORNER.

All the players run for a tree or post or some designated spot (a circle traced on the ground, or marked off with chalk); and the one who gets a place or "corner" last is "it," or is "Pussy," and must go from player to player, saying, "Pussy wants a corner;" while the players reply, "Go to the next neighbor." During this time the players having corners exchange places, any player having the right to take any corner as soon as it is unoccupied. As soon as Pussy succeeds in getting a corner, the player without a corner is "it."

FOOT IN THE HOLE.

A ring twelve to twenty-four inches in diameter is drawn on the floor or ground. *A* stands with one foot in the ring, and *B*, hopping on one leg, endeavors to push him out of the ring, both with arms crossed abreast (similar to Fig. 272,

only *A* must have both feet on the floor). *A* loses if pushed out of the ring; *B*, if he touches the floor with the other foot. Good players may defy two attacking parties.



Fig. 272.

PULLING OVER THE LINE.

A line is drawn; and two players on either side of it face each other, grasping each other's wrists (or a ring-strap while sitting). At the word, Ready! both bend low; and at the word, Pull! try to pull each other across the line (Fig. 273).

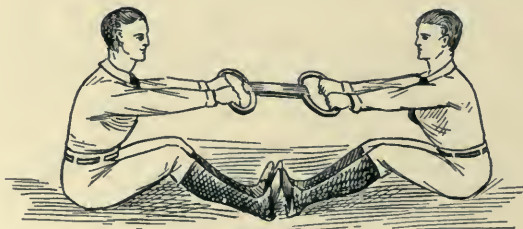


Fig. 273.

PUSHING WITH THE WAND.

Two or more boys take hold of a wand, and try to push each other across a drawn line (same as above) (Figs. 274,



Fig. 274.

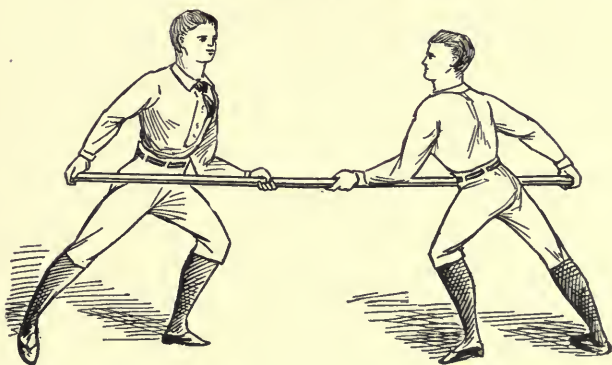


Fig. 275.

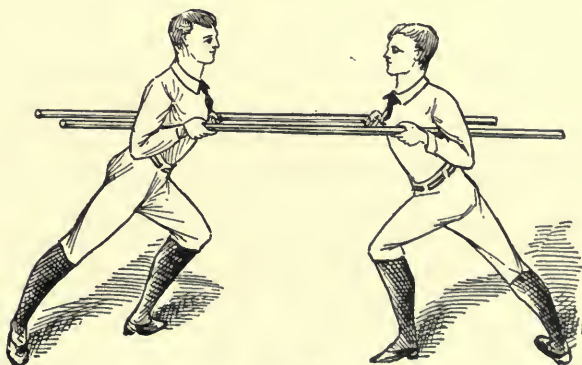


Fig. 276.

275, and 276). If a long wand is used, four or more boys may take hold of the wand.

WRESTLING CIRCLE (POISON SNAKE).

The players form a circle, grasping hands firmly; in the centre of the circle a light Indian club is placed, or the players' hats are piled up on the floor. Each player tries to push the others against the club so as to knock it over. The one upsetting the club or hats steps out, and the others continue with the game, until a victor remains (Fig. 277).



Fig. 277.

TUG OF WAR.

The players choose two sides, divided as equally as possible in regard to number and *strength*. The players face each other, firmly grasping with both hands a strong, thick rope. At a given signal they begin to pull or *tug* with all their might; and the side succeeding in pulling the other over a designated distance, or rendering the players incapable of further resistance, wins.

Should no rope be handy, the players form sides by encircling each other's waist.

SACK-BEETLE.

The players sit on the floor in a circle, with their feet towards the centre and their knees closed and bent. The one who is "it," is called the "centre-player," and must try to get hold of the sack-beetle, which the players pass rapidly from one to the other under their knees. As soon as the centre-player succeeds in getting the sack-beetle, the player in whose hands it was found must be "it." Whenever the centre-player happens to turn his back to any player who has the sack-beetle, this player may throw it at the centre-player. If the centre-player guesses correctly who threw the beetle, the one who threw it must be "it."

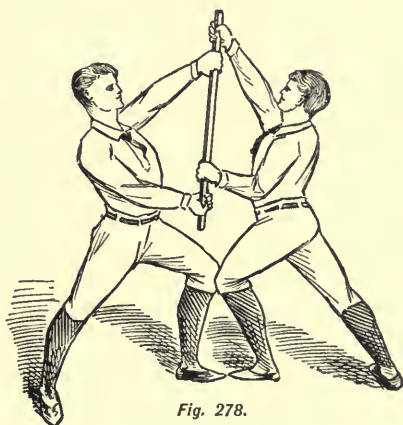


Fig. 278.

STICK WRESTLING.

Two boys in sidestraddle position face each other, and grasp a stick with right-hand reversed grip, and common left-hand grip, and at a signal both wrestle for the stick. Whoever loses his grip, loses the game (Fig. 278).

PRISON-BARS.

The players form an open circle by grasping wrists, with one player in the middle who is "it." The prisoner in the centre endeavors to get out by all fair means, such as leaping, jumping, pushing, etc., or breaking the line. The others must try

to prevent his escape. The one to the left (or right) where the centre-player breaks through the circle must be "it."

BEETLE-GOES-ROUND.

The players form a circle, standing with their hands grasped backward. One then goes around on the outside of the circle with the beetle (generally a knotted handkerchief) in his hand, and cries out: "Look before you, don't look 'round, or with the beetle I'll you pound." The players must look straight before them, any one looking around receiving a slap with the beetle. As soon as the player who is "it" sees fit he places the beetle in the hands of another player, and continues on his round just as before. After a few moments the player who got the beetle drives his right-hand neighbor around the circle, beating him with the beetle until he has again reached his place. The one who was "it" first takes the place of the player to whom he gave the beetle, while the latter must be "it."

CAT AND MOUSE.

The players form a circle, grasping each other's hands, and standing about arm's length apart. One of the players on the outside of the circle, called "the cat," cries out, "Mousey, mousey, do come out;" while another, on the inside of the circle, called "the mouse," answers, "No, Miss Cat, I won't come out." — "Then I'll break into your house, and I'll catch you, Mrs. Mouse," cries the cat, and makes for the mouse. During the chase the players do all in their power to prevent the cat from catching the mouse, by blocking her way in all possible manners, while, on the other hand, they facilitate the escaping of the mouse. As soon as the cat has caught the mouse, two other players take their places.

GARDEN SCAMP.

This game is similar to the one described above as Cat and Mouse. While in Cat and Mouse the players blockade the cat's way, in this game they do not do this; and both the gardener and the scamp are *inside* the ring. The gardener says, "What are you doing in my patch?"—"Eating berries," replies the scamp. "Who let you in?" continues the gardener. "No one," answers the scamp, skipping away, with the gardener after him. Lest he succeed too quickly in catching the scamp, the gardener is compelled to pass through the same "holes" through which the scamp went; he may also be compelled to imitate the actions of the scamp, such as crawling, hopping on one leg, etc., and not until he succeeds in capturing the scamp is the game ended, and two new players take the place of the gardener and the scamp.

SKIP AWAY.

The players form a circle, standing with hands grasped backwards. One of the players remains outside of the circle, and is "it." He must tap any one of the players on the back, and then he and the player whom he tagged must run around the circle in opposite directions. The one to reach the open place in the circle last is "it."

The runners must, if so agreed upon, make a low bow, or shake hands, or perform some antic, as they meet in their run around the circle.

JACOB, WHERE ART THOU?

The players form a circle as above, with two of their number inside the circle, both of whom are blindfolded. The blind-

folded players are called Jacob and Ruth respectively. Ruth calls for Jacob, saying, "Jacob, where art thou?" and he must answer, "Here I am," trying his best, being governed by the sound of Ruth's voice, to evade her. Ruth, on the other hand, seeks, from the sound of Jacob's voice, to locate and catch him. As soon as she has succeeded in doing this, two other players take the place of Jacob and Ruth.

It need hardly be said that both Jacob and Ruth may be boys or girls, or one of them a girl and the other a boy.

PASSING THE BEAN-BAG.

The players form a circle, standing from four to eight feet apart. A bean-bag is passed from one to the other, either to the left or right; and when one bag has been passed around the circle two or three times, a second bag is added, then a third, and so on, until as many bags are circulating as can be handled by the players.

The game may be varied by passing the sacks sideways forward, backward, overhead, etc., positions to be taken accordingly.

LAST COUPLE OUT (FIG. 279).

An uneven number of players pair off, and the couples form a column, one couple standing behind the other. The player who was left when the couples formed is "it," and takes his stand in front of the first couple. He (or she) claps hands three times, whereupon the last couple runs forward on either side of the column, and endeavors to grasp hands before the player who is "it" succeeds in tagging one of them.

If the couples are made up of boys and girls, the player at the head of the column, if a boy, must tag the girl, and *vice*

versa; and the partner of the boy or girl tagged must then be "it." If the couple succeed in evading the player in front of the column, and grasp hands before he tags them, they take their place at the head of the column, and the game continues.

The player in front must not turn around to see which way the players are coming. If successful in catching one of them, places are exchanged with the child caught by joining hands



Fig. 279.

with its former mate at the head of the group, as the first pair. The player caught now stands at the head of the group and gives the signal, the game proceeding until all have had their turn at running to the front.

BANDY.

Two groups of players form rows opposite each other with a distance of ten to twenty feet between the rows, and far enough apart for each player to wield a stick or wand with which to strike the rubber ball.

Players stand behind each other, the rows facing in opposite directions. The duty of each player is to guard the opening in front of him, so that the ball does not pass through. The ball is hit alternately by both sides, the player missing the ball and allowing it to pass him being assigned to the opposite rank. The game continues until one side loses too many men, when new sides are chosen.

SCULPTOR.

One of the players, called "the sculptor," arranges the other players in different postures and attitudes as statues. No player dares move or speak, for as soon as he does the sculptor punishes him by beating him with a knotted handkerchief (the sack-bettle).

After having arranged the players to suit his fancy, the sculptor leaves the playground, saying, "The sculptor is not at home." No sooner is he gone than the "statues" come to life, sing, dance, jump, and play havoc in general.

On the return of the sculptor he counts, "one, two, three!" and any player who is not in his former posture at three receives a beating with the knotted handkerchief from the sculptor. Should the sculptor punish the wrong statue, all the players rush at him with knotted handkerchiefs, and drive him to a goal previously decided upon, and the game is resumed with some other player as sculptor.

COCK AND HENS.

Two opposite goals are chosen. Between these stands the cock, while all the other players (the hens) are in one of the goals.

The cock calls : —

“The cock crows once, the cock crows twice,
A sack full of wheat, a basket of rice!
All you hens, flee! flee!
The one I catch, I'll take home with me.”

At this the hens make for the other goal. The one caught by the cock is obliged to carry him on his back to the opposite side of the playground, and then to take his place as cock.

BATTERING RAM.

The players join hands and form a circle, with one player on the inside and one on the outside of the circle. The latter, called the “ram,” tries to get out of the circle, in *any* way he can; and the outside player must do all in his power to assist him. If he succeeds in getting out, the players to the right and left of the place where he made his escape take the place of the ram and his assistant.

HARE.

The players grasp hands and form a circle around the hare, crying, “Hare, oh, hare, how did you get into the patch?” The hare replies, “I jumped in.” They then cry, “Then see if you can get out,” whereupon the hare tries by all possible means to escape. Should he succeed, the players pursue him, and the one catching him is hare.

BLACK MAN.

The players select two opposite goals, one of which the black man takes, while all the other players go to the opposite goal. The black man, on leaving his base, calls out,

"Are you afraid of the black man?" whereupon the other players cry, "No, not of one like you," and start for the opposite goal. The black man must try to tag as many of the players while on their way to the opposite goal as he can; and every player tagged joins the black man and helps him tag other players, until all the players shall have been caught. In the new game the one first tagged by the black man, is "it."

LAME GOOSE.

A goal is selected to which one of the players, called the "lame goose," repairs. The other players call out to him, "Lame goose, lame goose, can't catch anybody," and run up and down in front of his goal, tantalizing him in all manners conceivable. "Can't I, though," replies the lame goose, and starts after the players. He must not, however, run after them, but must take three steps only, and then hop on one leg, and as soon as he "breaks," all the players rush at him and drive him to his goal, pommelling him on the back with their fists, until he has reached it. If, however, the lame goose succeeds in tagging one of the players, he joins the other players in driving the one tagged to the goal, as described above, and the player tagged is "it."

PRISONER'S BASE.

Two sides of equal numbers occupy two opposite goals. At a certain distance, not too far from their goal, each side has another base, generally designated by a post or a circle drawn on the ground, called "Prisoner's Base," where any player caught in the manner hereafter described is kept prisoner. One of the sides starts the game, by giving "a

dare," i.e., one of the players leaves his goal, and ventures as near to that of the enemy as he dares. The opposite side sends out a player to tag the darer, while the darer's side immediately sends out a second man who "covers" the darer, and tries to tag the player who came out after the darer. The first side follows suit, and so on, until one or more players are caught, or all the players shall have returned to their goals. During all this time the player who left his goal last has the right to tag any player of the opposite side who left his goal before he did, and any player may at any time return to his goal, whereupon the one who started out after him will, of course, do the same.

If any players are caught, they are conducted to the prisoner's base above mentioned, and can be freed only if one of their side succeeds in tagging one of them before the other side can send out a player to prevent this. Any side succeeding in making prisoners of all the players but one of the other side wins the game; for one player alone cannot continue the game, as the goals must at *all times* be guarded; if it is left unguarded *at any time*, and one of the enemy succeeds in entering it, the game is lost.

The sending out of players to "cover" another player may be done at the direction of a "captain," who also appoints one of the players as "goal-guard;" or each player may use his own judgment in the matter.

GUESS WHO?

For obvious reasons this is a game for boys only. One of the players either volunteers or is chosen to "be down" or "it." He must place his head in the lap of another player,

who is seated, and who so holds the head of the one "down" that he cannot see. The other players, one or more, then slap the one who is down with their flat hand on a prominent part of his body, whereupon he jumps up and guesses who slapped him. If he guesses correctly, down goes the one who hit him; if he guesses the wrong one, down he goes himself again, and the fun continues.

THREE-HIGH, OR, TAG THE THIRD MAN.

The players form a double circle, standing one in front of the other. Two players, a tagger and a runner, are "it." The tagger must try to tag the runner, who runs around the circle, and soon steps in front of any pair of players. The tagger must then try to tag the last or third man. If the tagger succeeds in tagging his man, he steps in front of any pair, and the party tagged makes for the "third man."

TENDER-GREEN.

This game is very like Black Man, and in some places called so too. It differs from Black Man in that the one who is "it" must fold his hands, and must tag one or more of the other players in this position only. After he has caught one or more players, they must join hands, and the end players only are allowed to tag the other players, the players having a right to break through the line if they can.

When all the players are caught, the first one tagged must be "it."

THE KING'S RUN.

Two sides, divided as equally as possible in regard to numbers and strength, stand at a convenient distance opposite each other, the players grasping each other's hands firmly. Each

side has a captain, or king as he is sometimes called, who stands at the left end of the line. At his command one of his players runs with all his might, and tries to break through the enemy's line. If he succeeds, all the players cut off from the captain's end of the line must cross over and join the other side. If he fails, he must join the enemy's side. The other side then sends out one of their men, and so on, until but one man, the king, is left. He is allowed three trials to break through the enemy's line, and redeem his fallen fortunes; but, if in three times he does not succeed, his side has lost the game.

To make the game shorter, the players cut off from their line, and the runners who fail to break through the enemy's line, are out of the game until it is ended.

NIGHT AND DAY, OR, BLACK AND WHITE.

Two sides are chosen, and take their places at some distance from each other. An umpire, standing somewhere on the playground, where he may be plainly seen by the players of both sides, holds in his hand a disk or board, black on one, and white on the other side. Each side has chosen its color, and waits for the umpire to display his disk. If he displays the black side, the "Nights" or "Blacks" must run, with the "Days" or "Whites" after them, and *vice versa*. All the "Nights" who are tagged by the "Days" before reaching a goal agreed upon are prisoners, and are out of the game until a new one begins.

The side losing all its players loses the game.

ROUNDEL

By WM. A. STECHER

A **ROUNDEL** is a gymnastic composition, and is generally accompanied by music.

A Roundel should not be practised or drilled for its own sake ; but it should be the result of class-work in tactics, fancy steps, free exercises, wand and club exercises, and so on. The movements that have been learned by a class during a term must be arranged in such a manner that the different parts harmonize.

The examples given below are intended to show how such compositions may be arranged.

MARCH ROUNDELS

I

The class is formed in a circle opened half distance facing inward, and divided into ranks of twos and fours (Fig. 280). Whenever possible, the neighbors grasp hands, and hold them shoulder high, with arms bent. When not otherwise employed, all mark time.

A		COUNTS
1	All march backward four steps and then four steps in place.	8
2	All march forward four steps and then four steps in place.	8
3	The ones march backward four steps and then forward four steps.	8
4	The twos march backward four steps and then forward four steps.	8
		<hr/> 32



Fig. 280.

B		COUNTS			COUNTS
1	All march backward four steps and then the ones forward four steps.	8	3	Both circle left grasping left hands.	8
2	The ones backward four steps and return, the twos forward four steps and four steps in place.	8	4	Both circle right grasping right hands.	$\frac{8}{32}$
3	All backward four steps and then the twos forward four steps.	8	D		
4	The twos backward four steps and return, the ones forward four steps and four steps in place.	$\frac{8}{32}$	1	The ones four steps forward and backward, the twos four steps backward and forward.	8
C			2	Both circle left grasping left hands, which are raised upward.	8
1	The ones circle left around the twos (Fig. 281).	8	3	The twos four steps forward and backward, the ones four steps backward and forward.	8
2	The twos circle right around the ones	8	4	Both circle right grasping right hands, which are raised upward.	$\frac{8}{32}$

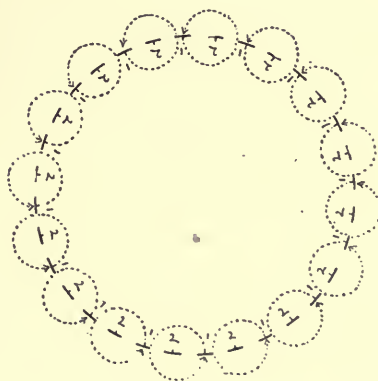


Fig. 281.

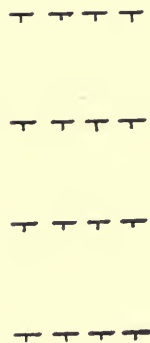


Fig. 282.

II

The scholars are formed in a front column composed of ranks of fours; the arms are crossed with the neighbors' (Fig. 282).

A		COUNTS	C		COUNTS
1	The ranks a quarter wheel left and forward four steps.	8	1	The ranks a complete wheel left.	16
2	The ranks backward four steps and a quarter wheel right backward.	8	2	The ranks a complete wheel right.	16
3	The ranks a quarter wheel right and forward four steps.	8			32
4	The ranks backward four steps and a quarter wheel left backward.	8	D		
		8	1	The odd ranks a complete wheel left, and the even ranks a complete wheel right.	16
		32	2	The odd ranks a complete wheel right, and the even ranks a complete wheel left.	16
B					32
1	The odd ranks a quarter wheel left and four steps in place, and the even ranks a quarter wheel right and four steps in place.	8	E		
2	All four steps forward and backward.	8	1	The odd ranks one half wheel left and right, and the even ranks one half wheel right and left.	16
3	All odd ranks a quarter wheel right backward and four steps in place, and all even ranks a quarter wheel left backward.	8	2	The odd ranks one half wheel right and left, and the even ranks one half wheel left and right.	16
4	All four steps forward and backward.	8			32
		32	F		
			1	The ranks a quarter wheel and then four steps forward; repeat three times, the odd ranks wheeling to the left, the even to the right.	32

III

Sixteen scholars are formed in a front column in connected ranks of four (see Fig. 282).

A	COUNTS
The first rank wheels in a circle left, the others marching forward and following, until all are formed in a cross left (Fig. 283).	32

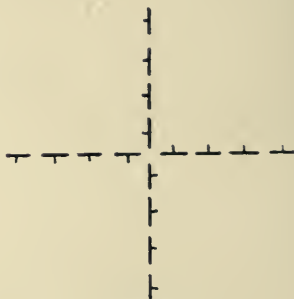


Fig. 283.

B		COUNTS			COUNTS
1	The ranks a quarter wheel right and four steps in place.	8	2	All four steps forward and backward.	8
2	The ranks a quarter wheel left backward and four steps in place.	8	3	The odd ranks a quarter wheel right backward and four steps in place, and the even ranks a quarter wheel left backward and four steps in place.	8
3	The ranks a quarter wheel left and four steps in place.	8	4	All four steps forward and backward.	8
4	The ranks a quarter wheel right backward and four steps in place.	8			<u>8</u>
		<u>8</u>			32

C		E	
The ranks a quarter wheel left and four steps in place ; repeat three times.		1 The ranks a half wheel right.	8
		2 The ranks a complete wheel left.	16
		3 The ranks a half wheel right.	<u>8</u>
			32

D		F	
1	The odd ranks a quarter wheel left and four steps in place, and the even ranks a quarter wheel right and four steps in place.	The ranks four steps forward and a quarter wheel left; repeat three times.	
	8		32

IV

Any even number of ranks of four can take part in this Roundel. They stand formed in a front column (see Fig. 282).

A		COUNTS
The first rank marches in a circle left, the others march forward and follow to a star left (Fig. 284).		32

B		COUNTS
On the first count all face to the right, and then the leader of each rank marches to a large circle left (Fig. 285).		32

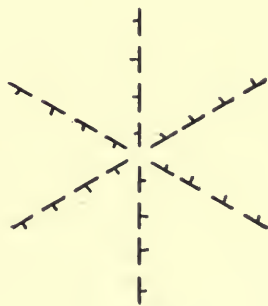


Fig. 284.

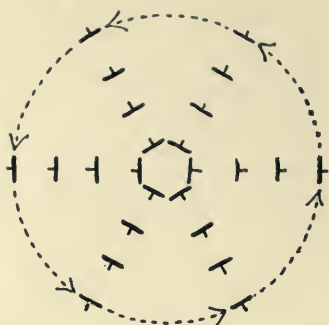


Fig. 285.

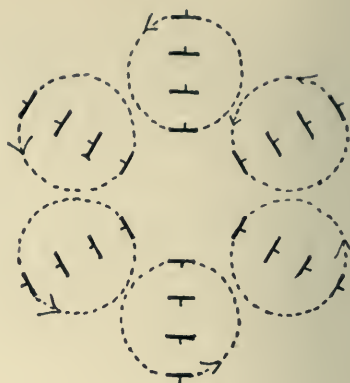


Fig. 286.

C

COUNTS

- 1 On the first count the leader of each rank marches in a small circle left (each rank has a circle for itself) (Fig. 286). 16
- 2 On the seventeenth count the leader of each rank marches to the common centre (to reform the star). 8
- 3 Then the leaders countermarch left, and all face to the left, and stand as in Part A. $\frac{8}{32}$

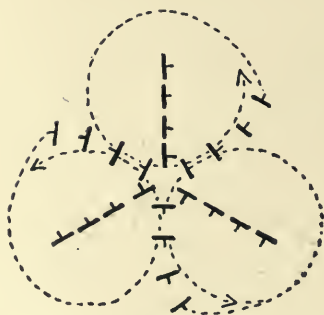


Fig. 287.

D

COUNTS

- 1 On the first count the odd ranks face right, march forward, circling left around the even ranks, and back into place. 16
- 2 On the seventeenth count the even ranks face right, march forward, circling right around the odd ranks, and back into place. $\frac{16}{32}$

E

- 1 On the first count the odd ranks face right, march forward four steps, countermarch left, march to the centre, again countermarch left, and form into place. 16
- 2 The even ranks then repeat the above. $\frac{16}{32}$

F

COUNTS

- 1 On the first count all the ranks face right, the odd ranks then march into a large circle left, the even ranks in a somewhat smaller circle right (in two concentric circles) (Fig. 288).

16

The even ranks then march to the centre, countermarch right, and face left (in their former place).

The odd ranks follow in the same manner when arriving opposite to their places.

32

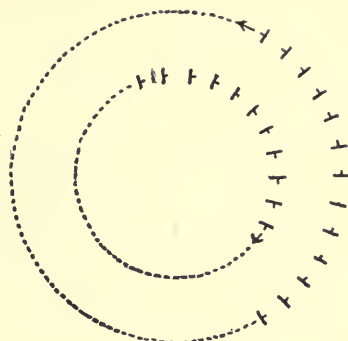


Fig. 288.

RING ROUNDEL

BY DR. KARL ZAPP

To be executed by twenty-four girls.

ARRANGEMENT OF CLASS. — Two front lines of twelve (Fig. 289), each line subdivided into ranks of sixes, fours, threes, and couples.

The arms are chained, each girl holding with one hand the ring of her second neighbor (cross arms and grasp hands).

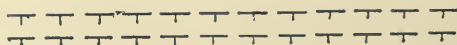


Fig. 289.

PART I.

Introduction (*fancy steps ad libitum*).

- | | |
|---|---|
| 1 Forward on the toes with swinging of the legs forward. ¹ 16 counts. | 7 The same, with bending the trunk backward and forward. 16 counts. |
| 2 The same, with swinging the legs crosswise and bending the head sideways. 16 counts. | 8 The same step, touching the feet sideways, and crosswise, and bending the trunk sideways. 16 counts. |
| 3 Forward, with cross step backward. 16 counts. | 9 Gallop step (4 left and 4 right). 8 counts. |
| 4 The same, combined with turning the trunk and bending the knees. 16 counts. | 10 All march forward to the centre (8), divide into fours, forming a star (see Fig. 284) (8), and turn face to face (8). 24 counts. |
| 5 Forward, with cross step left and right, or polka step. 16 counts. | |
| 6 Double schottische (like heel and toe polka), touching the toe forward and backward. 16 counts. | |

¹ NOTE. — Line one advances, executing the designed steps, then the line separates into two lines of six, which wheel backward (thus clearing the way for line two), then face towards the rear and march to their starting-places, while line two has begun with the movements that line one has just finished.

PART II.

POSITION — FACE TO FACE.

A — Ring Exercises.

GROUP I.

Arm and leg exercises.

	COUNTS		COUNTS
1 Bend the arms,	1	<i>Brought forward,</i>	12
Extend the arms outward,	2	Repeat,	5-8
Reverse,	3-4	3 Bend the arms,	1
Repeat,	5-8	Bend the right knee, and raise	
2 Raise the heels and bend the		or swing the left leg for-	
arms,	1	ward,	2
Bend the knees and extend		Reverse,	3-4
the arms outward,	2	Repeat right	5-8
Reverse,	3-4	Repeat left and right	9-16
	12		32

GROUP II.

Arm and step exercises.

	COUNTS		COUNTS
1 Raise the arms outward,	1	raise the left leg obliquely	
Raise the arms upward,	2	forward,	1
Reverse,	3-4	Raise the arms upward, swing	
Repeat,	5-8	the left leg backward, and	
2 Raise the arms outward,	1	rise on the toes of the right	
Place the left foot obliquely		foot,	2
forward,	2	Reverse,	3-4
Reverse,	3-4	Repeat right,	5-8
Repeat right,	5-8	Repeat 3 left and right,	9-16
3 Raise the arms outward, and			32

GROUP III.

Arm, step, lunge, and rocking exercises.

	COUNTS		COUNTS
1 Raise the left arm forward,		Repeat with the opposite arm	
right arm backward, with a		and leg,	3-4
step left obliquely forward,	1	Repeat left and right,	5-8
Return to position,	2	2 The same, lunging obliquely	
		forward,	1-8

	COUNTS		COUNTS
3 Lunge obliquely forward left and raise the arms,	1	Rock the knees and extend the arms,	3
Rock the knees and bend the arms,	2	Position,	4
		The same, lunging right,	5-8
		Repeat left and right,	<u>9-16</u>
			32

GROUP IV.

Bending the trunk backward.

	COUNTS		COUNTS
1 Bend the trunk backward, and raise the arms upward,	1	3 Lunge left obliquely forward, the arms outward,	1
Lower,	2	Bend the trunk backward, the arms upward,	2
Repeat,	3-8	Reverse,	3-4
2 Step position left obliquely forward, bend the trunk backward, the arms upward,	1-2	Repeat right,	5-8
Reverse,	3-4	Repeat left and right,	<u>9-16</u>
Repeat with the right foot,	5-8		32

GROUP V.

Turning of the trunk.

	COUNTS		COUNTS
1 Turning the trunk to the front, raise the arms towards the front upwards, and place the feet towards the front in a sidestep posi- tion,	1	3 Lunge sideways towards the front, and raise the arms towards the front upward,	1
Recover,	2	Face in opposite direction, and change the position of the arms and knees,	2
Repeat in the opposite direc- tion,	3-4	Reverse,	3-4
Repeat both,	5-8	Opposite,	5-8
2 The same, lunging instead of step positions,	1-8	Repeat,	<u>9-16</u>
			32
		160 counts in all.	

B—Tactics.

	COUNTS		COUNTS
1 Form a star of six ranks of fours (Fig. 290),	8	Ranks two, four, and six wheel in the star at the same time,	8
2 Ranks one, three, and five gal- lop sideways four steps and return,	8	Repeat three times,	<u>24</u>
			48

	COUNTS		COUNTS
3 Form the wheel star (Fig. 291), Ranks two and five forming in the centre.	8	hands joined overhead, and circle around with side- steps,	40
4 Ranks one, three, four, and six wheel around in the star once with polka step, Ranks two and five form a circle in the centre with	32	5 Form a star and fours again; and turn back to back by couples (position for Part III.),	<u>16</u> 96

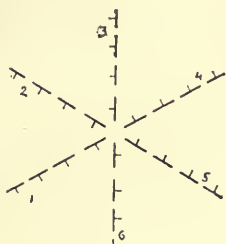


Fig. 290.

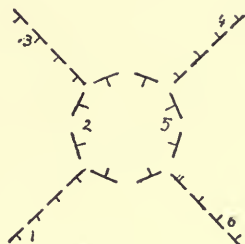


Fig. 291.

PART III.

POSITION—BACK TO BACK.

A—Ring Exercises.

GROUP I.

Arm, step, lunging, and trunk exercises.

	COUNTS		COUNTS
1 Raise arms outward with step forward,	1	Reverse,	3-4
Raise the arms overhead with step backward,	2	Toward the rear,	5-8
Reverse,	3-4	3 Lunge sideways toward the front, the arms outward,	1
Repeat with opposite step,	5-8	Bend the trunk sideways to the rear, the arms upward,	2
2 The same, lunging sideways toward the front,	1	Reverse,	3-4
Raise the arms overhead, and bend the opposite knee,	2	Lunge toward the rear,	5-8
		4 Repeat Exercise 3,	<u>9-16</u> 32

GROUP II.

Lunging, kneeling, and bending backward.

	COUNTS		COUNTS
1 Lunge left and right forward, backward, turning the head			
raising the arms outward,	1-8	toward the partner, the	
2 Lunge forward left,	1	arms upward,	2
Kneel on the right knee,	2	Reverse,	3-4
Reverse,	3-4	Same in the opposite direc-	
Same right,	5-8	tion,	5-8
3 Lunge forward left,	1	4 Repeat,	9-16
Bend the trunk obliquely			32

GROUP III.

Lunging, rocking of the knees, and twisting of the trunk.

	COUNTS		COUNTS
1 Lunge left and right side-		3 Lunge sideways left, the arms	
ways, the arms upward,	1-8	upward,	1
2 Lunge sideways left, the arms		Twist the trunk inward (face	
upward,	1	to face),	2
Bend the right knee, the arms		Reverse,	3-4
downward,	2	Repeat,	5-8
Reverse,	3-4	4 Repeat Exercise 3,	9-16
Repeat,	5-8		32

96 counts in all.

B—Tactics.

	COUNTS		COUNTS
1 Form the star of ranks of four,	8	moves in the opposite di-	
2 Form the star wheel (Fig. 292),		rection with double schot-	
(Ranks one, three, four, and		tische step,	16
six form a ring around ranks		4 Pause and face about at 5,	8
two and five, which form		5 Repeat the movements of	
a star of couples),	8	Exercise 3 in the opposite	
3 Ranks one, three, four, and		direction,	16
six form the ring around		6 Pause and face about at 5,	8
the little star with schot-		7 Form the star of ranks of four,	8
tische step, turning of the		8 Form three lines of eights,	8
trunk, and alternate raising		9 Form three columns of twos,	8
and curving of the arms.		10 Take position for Part IV.,	8
The little star in the centre			96

PART IV.

POSITION—A BODY COMPOSED OF FOUR FRONT COLUMNS OF COUPLES
(FIG. 293).

A—Ring Exercises.

GROUP I.

Step and lunging.

	COUNTS		COUNTS
1 Step position forward with the inner leg, and raising of the inner arm forward,	1	the outer leg, and raise the outer arms obliquely up- ward, grasping the ring of the next neighbor,	3
Position,	2	Position,	4
Step position sideways with the outer leg, and raise the outer arms sideways,	3	Repeat,	5-8
Position,	4	3 Lunge forward with the inner leg as in Exercise 2,	1
Repeat,	5-8	Rock backward, and swing the arms down,	2
2 Lunge forward with the inner leg, and raise the inner arms upward,	1	Return,	3
Position,	2	Position,	4
Lunge sideways outward with	4	The same outward,	5-8
		Repeat,	<u>9-16</u>
			32



Fig. 292.

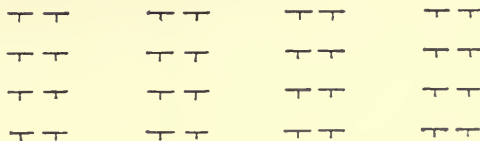


Fig. 293.

GROUP II.

Rising on the toes and bending of the knees.

	COUNTS		COUNTS
1 Step position forward left, the arms forward,	1	Return,	3-4
Rise on the toes, the arms upward,	2	Right,	5-8
Return,	3-4	3 No. 1 execute the Exercise 1 left and right.	
Repeat with the other foot,	5-8	No. 2 execute the Exercise 2 left and right,	8
2 Step position left backward,	1	4 Repeat, exchanging the exer- cises,	<u>16</u>
Bend both knees, the arms the same as in Exercise 1,	2		32

- | | COUNTS | | COUNTS |
|------------------------------|--------|-------------------------------|-----------|
| 6 Form the cross of sixes, | 8 | 8 Same in the opposite direc- | |
| 7 Line 1 and 3 execute 4 4 | | tion, | 16 |
| wheel left, | 16 | 9 Form six small squares of | |
| Line 2 and 4 execute 4 4 | | fours (for Part V.) (Fig. | |
| wheel right, | | 297), | 8 |
| | | | <u>96</u> |

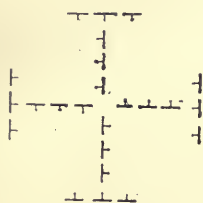


Fig. 296.

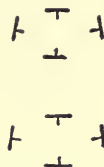


Fig. 297.



PART V.

POSITION — SIX SMALL SQUARES OF FOURS.

NOTE.—For Exercises 1 and 2, take two beats of music for each movement; for Exercise 3, four beats for each movement.

- | | COUNTS | | COUNTS |
|---|-----------|---|-----------|
| 1 Nos. 1 and 3 lunge left and right forward, and extend the arms outward, | | 3 Nos. 1 and 3 give up their hold, facing about in step position, ring overhead, | |
| Nos. 2 and 4 lunge left and right backward, and raise the arms forward, | 16 | Nos. 2 and 4 take hold of their rings, face to face, | |
| 2 Nos. 1 and 3 lunge forward, the arms outward, | | Nos. 1 and 3, bend backward over the extended arms of Nos. 2 and 4, who lunge backward and support 1 and 3 at the back, | |
| Rise on the toes, | | Reverse, | 16 |
| Reverse, | | Repeat, | 16 |
| Nos. 2 and 4 lunge backward, the arms forward, | | 4 Exchanging exercises, | 16 |
| Kneel, the arms upward, | | Repeat, | <u>16</u> |
| Reverse, | | | 64 |
| Same with the opposite foot, | | | |
| Same, exchanging exercises, | <u>16</u> | | |
| | 32 | | |
| | | 96 counts in all. | |

DOUBLE WAND EXERCISES

BY DR. KARL ZAPP

To be executed by a class of girls from thirteen to sixteen years of age. The partners are numbered 1 and 2, and stand side by side, each hand holding the end of the wand; the right hands hold the upper, the left hands the lower wand (Fig. 298).

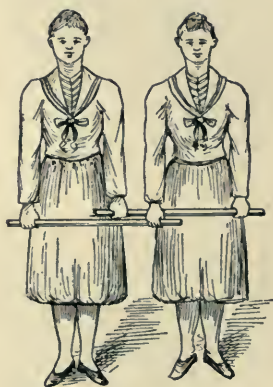


Fig. 298.



Fig. 299.

PART I.

Step and lunging exercises.

- | COUNTS | | | COUNTS |
|--------|---|---|--|
| 1 | a. Left foot forward into the step position, with raising the upper wand forward, | 1 | upward, and the lower wand forward (Fig. 299), |
| | Move the left foot into the step position backward, raising the upper wand | | Reverse, |
| | | | 3-4 |
| | | b. The same as Exercise 1, lunging forward with the left foot at the second | |

- COUNTS
- count, and the right foot
at the sixth count, 9-16
- 2 a. Left foot forward, and raise



Fig. 300.

- COUNTS
- the upper wand upward, 1
- Move the left foot back-
ward, and lower the up-
per wand backward, at
the same time raising the
lower wand upward, 2
- Reverse, 3-4
- The same with the right
foot, 5-8
- b. The same as Exercise 2,
lunging forward at the 2
and 6 (Fig. 300), 9-16
- 3 a. Inner foot forward into the
step position, and raise
both hands forward, 1
- Lunge forward with the
inner foot, and raise the
wands in triangle or slant-
ing position, 2
- Reverse, 3-4
- b. The same, using the outer
foot and raising the wands
in the opposite triangular
position, 5-8
- c. Repeat a and b, 9-16

PART II.

Bending of knees and trunk.

- COUNTS
- 1 a. Rise on the toes,
and raise both
wands forward, 1
- Bend arms, and
move arms and
wands outward
(Fig. 301), 2
- Reverse, 3-4
- b. The same, but
moving the arms
inward, 5-8
- c. Repeat a and b, 9-16
- 2 a. Rise on the toes,
and raise both
wands upward, 1



Fig. 301.

	COUNTS		COUNTS
Bend the knees (deep), with the wands across the shoulder-blades,	2	Reverse,	3-4
Reverse,	3-4	b. The same, with step and trunk movement inward,	5-8
b. The same, lowering the wands down backward,	5-8	c. Repeat <i>a</i> and <i>b</i> ,	9-16
c. Repeat <i>a</i> and <i>b</i> ,	9-16	5 Pause from,	1-4
3 a. Outer foot into step posi- tion forward, and wands upward,	1	Turn face to face (the wands crossed),	5
Turn inward on toes, the wands downward and crossed (Fig. 302),	2	Pause from,	6-8
Reverse,	3-4		72
b. The same with the inner foot, facing outward (back to back), (wands stay upward),	5-8		
c. Repeat <i>a</i> and <i>b</i> ,	9-16		
4 a. Step position outward with the outer foot, and wands upward,	1		
Bend the trunk sideways outward, and cross the outer feet inward, cross- ing the wands,	2		



Fig. 302.

PART III.

Bending of trunk.

(Position—Face to face, the wands crossed.)

	COUNTS		COUNTS
1 a. Step position forward left, the arms outward (wands horizontal),	1	2 a. Step position forward left, the wands upward, the hands together,	1
Bend the trunk backward, raising the wands up- ward, and placing the hands together,	2	Bend the trunk forward with hollow back and spread the arms outward, moving the left foot back- ward into the step posi- tion,	2
Reverse,	3-4	Reverse,	3-4
The same with the right foot forward,	5-8	Repeat with the right foot,	5-8
b. Repeat,	9-16		

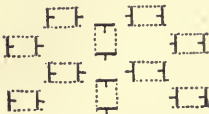
	COUNTS		COUNTS
b. Repeat left and right,	9-16	move the left leg backward, at the same time bending the right knee and moving the wands downward,	2
3 a. Step position forward left, the wands upward as in Exercise 2,	1	Reverse,	3-4
Bend the trunk downward (chest upon the knee),		The same with the right foot,	5-8
		b. Repeat left and right,	9-16
		5 a. Pause from,	1-4
		Change position at 5,	5
		Pause,	6-8
			<u>72</u>

Fig. 303.

N. B. — In changing position, No. 1 changes grip of hands, moves the upper wand with the right arm overhead, and faces about ; at the same time each set of ten couples change position as indicated by the diagram (Fig. 303).

PART IV.

Dissimilar Exercises.

Executed in double time (two beats of music for one motion).

	COUNTS		COUNTS
1 Rising on toes and bending the knees.		Step position backward, bending the trunk downward, moving the wands downward (the ends touching the floor),	2
a. No. 1 step position forward left, the arms outward,	1	Reverse,	3-4
Rise on the toes, the wands upward,	2	The same using the right foot,	5-8
Reverse,	3-4	No. 2, step position, etc., as in No. 1,	1
Repeat,	5-8	Lunge forward and extend the arms forward (over the back of No. 1),	2
No. 2, rise on the toes, the arms outward,	1	Reverse,	3-4
Bend the knees (deep), hands on the shoulders,	2	The same with the right foot,	5-8
Reverse,	3-4	b. The same as a, Nos. 1 and 2 exchanging exercises,	9-16
Repeat,	5-8	3 Bending the trunk backward and kneeling.	
b. The same as a, Nos. 1 and 2 exchanging exercises,	9-16		
2 Lunging and bending the trunk downward.			
a. No. 1 step position forward left, the wands upward,	1		

- | | COUNTS |
|---|--------|
| a. No. 1 step position backward left, the arms outward, | 1 |
| Bend the trunk backward; move the left foot into the step position forward, and raise the arms upward (Fig. 304), | 2 |
| Reverse, | 3-4 |
| Repeat with the right foot, | 5-8 |
| No. 2 step position backward right, and wands upward, | 1 |
| Kneel on the right knee, the arms outward, | 2 |
| Reverse, | 3-4 |
| Repeat with the other foot, | 5-8 |
| b. The same, Nos. 1 and 2 exchanging exercises, | 9-16 |
| 4 Bending trunk forward, lunging, kneeling. | |
| a. No. 1, bend the trunk forward (hollow back) with a step position backward, the arms raised outward, | |
| Bend the trunk backward with step position forward, the arms raised upward, | 2 |
| Reverse | 3-4 |

COUNTS

Repeat with the right foot, 5-8

No. 2, lunge forward left,



Fig. 304.

- | | |
|---|------|
| the arms raised outwards, | 2 |
| Kneel, the arms outward, | 2 |
| Reverse, | 3-4 |
| Repeat with the right foot, | 5-8 |
| b. Repeat, Nos. 1 and 2 exchanging exercises, | 9-16 |
| 5 Pause, | 8 |
| | 72 |
| 6 Close with a grouping. | |

EXERCISES WITH HOOPS

BY DR. KARL ZAPP

THE hoop may be used in a very graceful and artistic manner without necessarily losing sight of what is essential in all exercises, — the proper adaptation to development and exertion. The hoop as a hand apparatus for light gymnastics is used in about the same manner as the wand.

Hoops of larger size may also be used as a substitute for the small jumping-rope.

As a rule, the hoops are made of light wood, and their dimensions vary from eighteen to thirty-six inches.

HOOP ROUNDEL.

Arranged for a class of girls from thirteen to eighteen years of age. The number of the class must be divisible by six (24, 30, 36). The class is divided into lines of six or twelve, with subdivisions into threes (Fig. 305).

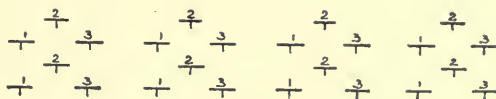


Fig. 305.

Each column of threes may be considered a unit, also each column of sixes.

The Roundel consists of three parts, each part containing three subdivisions: a set of exercises; tactics, executed with the waltz step or hop; and grouping.

DIVISION OF CONTENTS.

PART I.

	COUNTS		COUNTS		COUNTS
Exercises,	80	Waltzing,	32	Grouping,	16

PART II.

Exercises,	64	Waltzing,	32	Grouping,	16
------------	----	-----------	----	-----------	----

PART III.

Exercises,	<u>112</u>	Waltzing,	<u>32</u>	Grouping,	<u>16</u>
	256		96		48

Total, 400 counts.

In Part I. the exercises are executed left and right and simultaneously.

In Part II. the exercises are executed simultaneously in dissimilar directions first, then the exercises are divided and the different files execute different exercises.

In Part III. the exercises are dissimilar from the beginning. Music: A Waltz ("Auf Wiedersehen").

This Roundel was executed by sixty young ladies of the Cleveland High School at the commencement exercises of 1892. The young ladies were dressed in short, white Grecian costumes, with flowing sleeves, and the hoops were covered with white and twined with smilax.

PART I.

Step position and lunging.

A — Exercises.

All exercises are executed left and right.

STARTING POSITION. — Hoop in front of the body, held with both hands at the lower third, hands in a line with the hips.

ARRANGEMENT OF CLASS.

(See Fig. 305.)

COUNTS		COUNTS	
1	Raise the hoops sideways left with step position sideways right,		The same opposite, 3-4
	Position, 1		Repeat, 5-8
	The same in opposite direction, 3-4	6	The same, lunging crosswise backward, 9-16
	Repeat, 5-8	7	Raise the hoops sideways left, with sidestep right, 1
2	The same, but lunging sideways instead of step position, 9-16		Raise the hoops vertically overhead, and close the heels, 2
3	Raise the hoops obliquely upward left (slightly tilted), with crossstep forward left, 1		Lower the hoop to the opposite side with a side step left, 3
	Position, 2		Position, 4
	Opposite, 3-4		The same in the opposite direction, 5-8
	Repeat, 5-8		Repeat, 9-16
4	The same, lunging obliquely forward left and right, 9-16	8	Nos. 1 and 3 in the same direction, lunging instead of the step position.
5	Turn the trunk (1 8) to the left, raising the arms with the hoop to the height of the shoulders, and crossstep backward left, 1		No. 2 executes the exercises in the opposite direction, 1-16
	Position, 2		(Thus Nos. 1 and 2, and 3 and 2, apparently form one file twice during this exercise.)

B — Waltzing.

COUNTS		COUNTS	
1	Nos. 1 and 3 waltz forward (double hop, swinging the legs crosswise, the arms with hoop in an oblique position, alternately left and right), while No. 2 waltzes backward, 1-4	3	Nos. 1 and 3 waltz backward with crosshop and a swinging of the hoop.
			No. 2 waltz forward with crosshop and swinging of the hoop, 9-12
2	Nos. 1 and 3 cross over (or change places).	4	No. 1 and 3 cross back to places.
	No. 2 executes a complete turn (4 4) to the right, holding the hoop over the head, 5-8		No. 2 turn in place, the hoop vertically overhead, 13-16
		5	Repeat, 17-32

C — Grouping.

	COUNTS		COUNTS
1 Pause.	4	3 At 9, change of position, 1	
2 At count 5, Nos. 1 and 3 lunge forward obliquely outward, the hoop is held vertically above the head. No. 2 lunge backward, the hoop held forward in height of the shoulders (all remain quiet 4 counts).		and 3 lunging obliquely inward; No. 2 straighten up and stand on tiptoe, the hoop held vertically above the head, all remaining quiet, 4 counts,	9-12
		4 Pause from	13-16

PART II.

Bending of the trunk and knees.

Two exercises are first executed simultaneously inward and outward, that is Nos. 1 and 3 toward each other, and No. 2 toward each other successively; afterward, Nos. 1 and 3 repeat the first of the two exercises, while No. 2 repeats the second; and then the exercises are changed.

A — Exercises.

	COUNTS		COUNTS
1 Turn trunk inward, with step position obliquely forward, hoop forward shoulder height,	1	Return to the former position, Position,	3 4
Bend the trunk backward, and raise the hoop overhead, tilting it,	2		
Return to the former position, Position,	3 4		
The same in the opposite direction,	5-8		
2 Turn inward with step position backward, hoop vertically overhead,	1		
Bend both knees (almost to kneeling), the hoop in front of the face, with bent arms (Fig. 306),	2		



Fig. 306.

The same in the opposite direction, 5-8

- | | COUNTS |
|---|--------|
| 3 Nos. 1 and 3 execute Exercise 1; No. 2, Exercise 2, | 1-8 |
| 4 Nos. 1 and 3 execute Exercise 2; No. 2, Exercise 1, | 9-16 |
| 5 Raise the hoop vertically overhead, with step position forward of inner foot, | 1 |



Fig. 307.

Bend the trunk downward, with a long stride backward of the advanced foot, and bending of the opposite knee, swinging the hoop down and backward (Fig. 307),

Return to the former position,

The same opposite,

- 6 Raise the hoop obliquely up-

- | | COUNTS |
|---|--------|
| ward inward, with a side-step inward, | 1 |
| Bend the trunk sideways inward, and swing the hoop in a semicircle to an oblique position outward, crossing the inner foot in front (Fig. 308), | 2 |



Fig. 308.

Return to position 1,

Position,

The same opposite,

- 7 Nos. 1 and 3, Exercise 5; No. 2, Exercise 6,

- 9 Nos. 1 and 3, Exercise 6; No. 2, Exercise 5,

9-16

64

B — Waltzing.

- | | COUNTS |
|---|--------|
| 1 Nos. 1 and 6 (see Fig. 309), circle around Nos. 2 and 5 with the same step and swinging of the hoops as | |

	COUNTS
in Part I. Nos. 2 and 5 standing in a posing position (crossstep, the hoop in an oblique position, trunk	

- | | COUNTS | | COUNTS |
|--|--------|--|--------|
| slightly bent sideways inward), | 1-8 | hold the hoop nicely in an elevated position in the left hand, | 9-16 |
| Nos. 3 and 4 with the hoops in the left hand, cross these, and both circle round a common centre (Fig. 309). | | 3 Repeat, | 17-32 |
| 2 Nos. 2 and 5 execute the circling around 1 and 6. Nos. 3 and 4 face about, join right hands, and circling round a common centre, | | | |

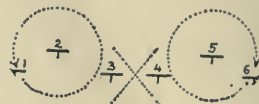


Fig. 309.

C — Grouping.

- | | COUNTS | | COUNTS |
|--|--------|---|--------|
| 1 Pause, | 4 | 3 Nos. 1 and 3 bend the opposite knee and the body outward, and swing the hoop outward. | |
| 2 Nos. 1 and 3 surrounding No. 2, lunge inward obliquely in the direction of No. 2 (forming a star), the hoops in a slanting position. No. 2 crossstep position, slightly bent sideways, the hoop encircling the face, | 5-8 | No. 2 kneel and raise the hoop over the head, | 9-12 |
| | | 4 Pause, 4 counts, | 13-16 |

PART III.**Step position, lunging, balancing, etc.****A — Exercises.**

The files begin with dissimilar exercises in dissimilar directions.

- | | COUNTS | | COUNTS |
|---|--------|---|--------|
| 1 a. Nos. 1 and 3 step position sideways inward, the hoop sideways in the same direction, | 1 | No. 2 face inward (1 4 turn) with a step position backward and the hoop overhead, | 1 |
| Swing the hoop in a semi-circle overhead to the other side, with a cross-step in front, | 2 | Face about 1 2 turn and bend downward, bending the arms slightly, | 2 |
| Return, | 3 | Resume position 1, | 3 |
| Position, | 4 | Position, | 4 |
| In the opposite direction, | 5-8 | In the opposite direction, | 5-8 |
| | | b. Repeat the entire exercise, | 9-16 |

	COUNTS		COUNTS
2 Nos. 1 and 3 take the exercise of No. 2; No. 2 take the exercise of Nos. 1 and 3,	1-16	Raise the hoop forward, and raise the left leg backward,	1
3 a. Nos. 1 and 3 lunge inward towards No. 2, forming a star with the hoop raised in an oblique direction to the opposite side,	1	Move the hoop vertically upward and the leg forward,	2
Rock the knees, and swing the hoop in a semicircle to the opposite side,	2	Resume the former position,	3-4
Resume the former position,	3	Repeat with the right leg,	5-9
Position,	4	Repeat left and right,	9-16
The same in the opposite direction,	5-8	b. Nos. 1 and 3 execute the balancing exercises of No. 2, while No. 2 takes the exercises of Nos. 1 and 3, marching forward and backward,	1-16
No. 2 step position backward and bend the knee, the hoop encircling the face,	1	5 a. Nos. 1 and 3, step position forward with the inner foot, the hoop overhead, and the trunk bent backward,	1-4
Rise and raise the hoop overhead,	2	Straighten the trunk gradually and lower the hoops,	5-8
Resume the former position,	3-4	Step position backward with the inner foot; bend the trunk gradually downward, and lower the hoop to the floor,	9-12
Repeat with the opposite foot,	5-8	Straighten the trunk gradually and raise the hoop,	13-16
b. Repeat the whole exercise,	9-16	Nos. 1 and 3 turning half toward each other 1 8 turn, during the first 8 counts, and then turning outward,	1-16
4 a. Nos. 1 and 3 march backward with followstep and rising on the toes, at the same time raising the hoop overhead (the hoop is elevated at 1, and lowered at 2),	1-8		
Repeat the marching, but forward to places,	9-16		
No. 2, balancing exercises.			

B — Waltzing.

	COUNTS		COUNTS
1 Nos. 1 and 3 surrounding No. 2, waltz around No. 2, holding the hoops in the		hands, and toward the centre of the star; No. 2 posing,	1-8

	COUNTS		COUNTS
2 No. 2 kneeling, the hoop encircling the face, Nos. 1 and 3 face about, circling in the opposite direction, crossing		their hands above No. 2 and holding the hoops nicely elevated outward,	9-16
		Repeat,	1-16

C — Grouping.

	COUNTS
The groups are arranged in accordance with the exercises and the waltzing,	1-16

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